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SUMMER IS
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ARE YOU BIKINI
READY? {page 23}



FAKE?
LIVELY DENIES
NUDE PICS ARE
OF HER {page 22}



OTTAWA

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Thursday, June 2, 2011
www.metronews.ca



News worth sharing.

Kid. Comedy



► Members of Italy's Teatro Necessario — or Necessary Theatre group perform Barbieri — a slapstick comedy for children set in a barber shop. The performance happened on the first day of the Ottawa International Children's Festival at LeBreton Flats.

SEAN MCKIBBON/METRO

Festival of all-ages enjoyment

The Ottawa International Children's Festival runs until June 5 and features child-targeted activities and performances that adults will enjoy too. For more information go to ottawachildrensfestival.ca/home.

Commission OKs expropriations

► Plan to widen Prince of Wales Drive moving forward ► Canada's richest family says road median will devalue property ► Councillors say they won't expropriate neighbours' property to meet family's demands

Council wants to widen Prince of Wales Drive and now city staff can start buying or expropriating land to do it.

The Transportation Commission approved the next phase of a plan to make Prince of Wales Drive a four-lane divided road, with cycling lanes and sidewalks or multi-use pathways, from Woodroffe Avenue to Fisher Avenue — all to accommodate traffic from Ottawa's rapidly expanding south end.

The widening will happen over the next 20 years, and land from up to 127 properties will be needed, said staff.

Complaints, particularly from Waterford and Country Place residents, prompted last-minute changes to the plan, ensuring staff won't expropriate land there and will investigate the use of noise barriers.

Complaints from the Thom-

son family — Canada's richest according to Forbes' 2011 list of billionaires — were not as well received.

Their lawyer, Michael Polowin, asked the city to maintain north and south road access for seven acres of undeveloped land that the family owns on Prince of Wales, south of Hunt Club.

A median would restrict access to the property — which is currently up for sale — making it worth approximately \$2.95 million less, Polowin said.

Polowin presented options to keep access open, but five of the six ideas required expropriating neighbouring residential property or a section of land from the nearby Metropolitan Bible Church.

The commission rejected those ideas and directed staff to work with the family on the issue. ● JESSICA SMITH

"This may be a question of pay me now or pay me later.... This median may result in an injurious effect to our clients' land."

MICHAEL POLOWIN, LAWYER FOR THE THOMSON FAMILY

"I've had dozens of residents who have had their property restricted along this corridor, and they don't have the opportunity to hire a lawyer to come in and threaten the commission."

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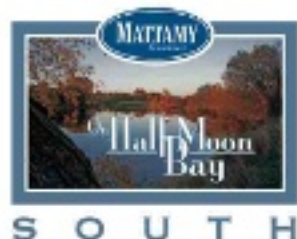
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All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E&O.E.



City's plan angers businesses

Business owners in the ByWard Market are angry over the city's \$275,000 plan to convert William Street into a permanent pedestrian zone. Construction is to begin this fall.

"Traffic in the market is not great," said John Borsten, owner of Zak's Diner on ByWard Market

Square.

"People are busing down here for a reason, because of the traffic and parking. They're just making that worse."

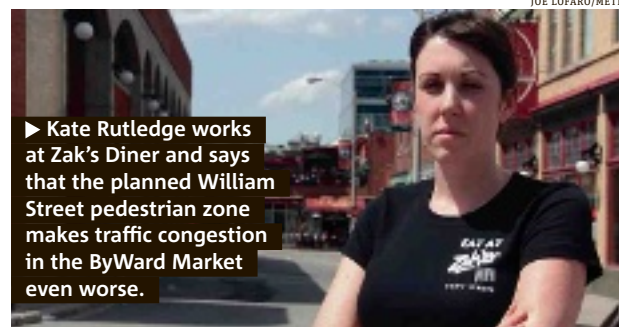
Borsten fears a permanent pedestrian zone will deter people who live in the suburbs from coming to the market.

Patrick Quealey of the

city's environmental advisory committee, doesn't believe it will worsen traffic congestion.

"You still have full access to the city lot on Clarence ... so I don't see this as an impediment to parking any more than coming into a city centre would in any place."

JOE LOFARO



► Kate Rutledge works at Zak's Diner and says that the planned William Street pedestrian zone makes traffic congestion in the ByWard Market even worse.

Military show spurs protest

► Former Alberta MP David Kilgour joined the anti-war demonstrators



JOE LOFARO
@METRONEWS.CA

A small but committed group of protesters lined the fence at Lansdowne Park to protest the annual CANSEC military trade show with the support of Canada's newest MP, Elizabeth May.

May spoke about the Green Party's strong historical commitment to the peace movement and how the fair represents the "dismantling of Canada's international reputation as a peacekeeper."

"Our role in the world has been superb diplomacy, saying why when other world powers wanted to go to war," May said.

The two-day event is expected to draw thousands of guests and will include a keynote speech from Minister of National Defence Pe-

"Now Stephen Harper says he expects unanimous approval of the continuation of the war in Libya without an explanation. I can tell you right now, it won't be unanimous."

ELIZABETH MAY, GREEN PARTY MP

ter MacKay.

In an interview with Metro last month, Tim Page, the president of CADSI, the firm that puts on the trade show, said weapons are only a small part of the showcase. Firms at the trade show are involved in other businesses too, he said, such as textiles, sensory equipment and chemical detection.



► Green MP Elizabeth May spoke to protesters yesterday lined up along a fence at Lansdowne Park to condemn CANSEC, a military trade show.



Ping pong and English class:
The lives of rival war criminals
behind bars in The Hague.
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On the web at
metronews.ca

Unsurprisingly,
people around
Vancouver were
more than a
little excited
yesterday. Video
at metronews.ca

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MIKE CARROCCETTO/FOR METRO



► Canterbury High School students rehearse Grim[m], which uses fairy tales to examine the impact of Alzheimer's disease on the relationship between a girl and her grandmother.

A tale of two women

► Student play explores Alzheimer's disease

The bond between a girl and her grandmother living with Alzheimer's disease is examined in an original play being staged this week by Canterbury High School students.

Grim[m] tells the story

of a girl who tries to reconnect with her grandmother by taking her on an imaginary trip through a world of fairy tales. Directed by Paul Griffin, the play features 21 actors from the school's dramatic arts pro-

gram who play 150 roles.

The play runs until June 4. Shows start at 7 p.m. in the Barrie Alexander Auditorium at Canterbury High School, 900 Canterbury Ave. Tickets are \$10.

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Wreck. And ruin



► Firefighters take in the wreckage of a pickup that collided with a delivery truck on March Road near Dunrobin yesterday.

CONTRIBUTED

The long road home

The driver of a pickup involved in a collision on March Road yesterday had to be cut from his vehicle because his leg was pinned under the dashboard. The man, in his 40s, was flown to hospital and is in stable condition. More coverage is available online at metronews.ca/ottawa.

Centretown man not seen since May 11

A man who has been using services at Operation Come Home since January 2009 has gone missing, say the people who run the program.

In a release issued Tuesday, the group says Jacob Lawson has been missing since May 11. He was last seen at the corner of Bank and Cooper streets.

"Jacob has participated in our employment and school program and is known to be hard-working, reliable, honest and very much involved with the youth and staff at OCH," the news release says.

The group says staff and youth are worried about



► Jacob Lawson

CONTRIBUTED

Lawson and fear something may have happened to him. A hospital check found no trace of him. OCH staff have filed a missing-persons report with Ottawa police.

Anyone with any information is asked to call police immediately at 613-236-1222, ext. 3726. Photos of Lawson have been posted in Centretown, where he lives and spends much of his time.

● SEAN MCKIBBON

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McGuinty won't apologize for G20 law

DARREN CALABRESE/THE CANADIAN PRESS FILE

► Ontario Liberals not calling G20 public inquiry ► Toronto Police Services Board review begins

Premier Dalton McGuinty says public hearings into police actions during the G20 in Toronto will help government understand what to do going forward.

But McGuinty won't apologize for the secret law the Liberal government passed granting police powers to detain and arrest people during the international summit.

The premier also says he will not call a public inquiry into police actions during the G20, despite more videos emerging of protesters being beaten and harassed by officers.

McGuinty says he's already acknowledged the government didn't manage the secret G20 law as well as it should have.

More than 1,100 people were arrested and detained during the G20 weekend in what Ontario Ombudsman Andre Marin called a mass violation of civil rights.

McGuinty has said it's up to Prime Minister Stephen Harper to call any public inquiry into mass arrests during the G20 weekend.

Three days of hearings into the G20 started last night at Toronto's Metro Hall, billed as a chance for the public to offer insight into the role civilian oversight should play in policing major events.

Input from the hearings will form part of a report presented to the body that establishes policies for the Toronto police service.

THE CANADIAN PRESS



► Police club a crowd of activists during a protest at the G20 Summit in Toronto last June.

Quebec Crown appeals Hells Angels ruling

JACQUES BOISSINOT/THE CANADIAN PRESS

The Quebec government dismissed the logic behind a judge's shocking move to free 31 suspected criminal bikers, a verdict that called into question the strength of the province's justice system.

Quebec rejected the judge's conclusion that the justice system is too strained to handle the workload.

It is appealing the decision.

Quebec Crown prosecutors argued yesterday that their strained teams can handle the workload.

The Crown acknowledged that it could always use more prosecutors, but insisted its team was ready to handle the massive case load stemming from a major 2009 police crackdown.

The raids reeled in 155 alleged Hells Angels, who faced charges including murder, gangsterism, drug trafficking and conspiracy.

But Quebec Superior Court Justice James Brunton let 31 of the accused — suspects charged with drug trafficking and gangsterism — walk on Tues-

► Quebec Justice Minister Jean-Marc Fournier



day. He said the overloaded justice system is unable to try them in a reasonable timeline.

"We are determined to do everything necessary to ensure that those who are accused will face justice — and that's exactly what we're going to do."

QUEBEC PREMIER JEAN CHAREST

Quebec Justice Minister Jean-Marc Fournier also said yesterday that he disagrees with the decision.

"I understand the total surprise for Quebecers," Fournier said in a brief statement.

"I would like to share my disagreement with you."

The bombshell announcement prompted accusations that the Quebec justice system, already hobbled by funding and workload issues, has tumbled into disarray.

THE CANADIAN PRESS

News in brief

Ontario to probe cell, cancer link

The Ontario government will examine a World Health Organization warning about a possible link between cellphones and cancer, but won't take any immediate action to warn consumers, Health Promotion Minister Margaret Best said yesterday.

The New Democrats want warning labels slapped on cellphones and smartphones to caution users about the possible increased risk of cancer, but Best said for now she'll consult more experts.

THE CANADIAN PRESS

Man attacks raccoon family

Residents of a Toronto neighbourhood awoke to horrifying sounds early yesterday morning after a man allegedly attacked a family of raccoons with

a shovel.

Toronto police say a man faces weapons and animal cruelty charges after officers were called to a home around 5:50 a.m.

Kwong says one of the baby raccoons was severely injured, and it was originally thought the animal might have to be put down.

It suffered broken toes, animal services said, and was taken to a wildlife rehabilitation centre.

THE CANADIAN PRESS

Woman swept over Niagara Falls dies

The body of a woman who appeared to be swimming in the Niagara River before being swept over the U.S. side of Niagara Falls has been recovered, according to authorities.

Officials say tourists on the Canadian side of the river reported seeing the woman in the water above the falls on Tuesday.

She was found dead by a rescue boat.

THE ASSOCIATED PRESS

McGuinty doubts Tories' KG promise

Ontario's Premier says he doesn't believe the Conservatives will implement full-day kindergarten if they're elected this fall.

McGuinty stopped short of calling Tory Leader Tim Hudak a liar for promising to roll out the \$1.5-billion program in all schools by 2014 — the same timetable as the Liberals.

But the premier also admitted he hasn't read the Tory platform, which was unveiled Sunday.

THE CANADIAN PRESS

PAWEŁ DWULIT/THE CANADIAN PRESS



► McGuinty


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Fuel consumption ratings based on Natural Resources Canada Fuel Consumption Website. Highway fuel consumption as low as 5.9 L/100km. City fuel consumption as low as 9.4 L/100km. Your actual fuel consumption may vary. Excludes hybrid models. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ©For more information go to iihs.org/ratings. ¥*Visit onstar.ca for coverage map, details and system limitations. Services vary by model and conditions. ††2011 Chevrolet Malibu LTZ, MSRP with freight, PDI & levies \$34,589. Dealers are free to set individual prices. ♦♦Offer applies to new or demonstrator 2011 model year Chevrolet, Buick and GMC vehicles delivered between May 3, 2011 and June 30, 2011 at participating dealers in Canada. The Scheduled Maintenance program coverage expires after 36 months/60,000 km, whichever comes first, from the in-service date of the vehicle. 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After applying \$1,000/\$750/\$500 credit, after tax price is \$10,300/\$10,550/\$10,800 (\$885/\$664/\$442 reduced purchase price plus \$115/\$86/\$58 applicable taxes), with the \$1,000/\$750/\$500 credit being the \$885/\$664/\$442 reduction from the purchase price and the \$115/\$86/\$58 reduction in taxes which would have otherwise been payable on the full purchase price. \$500 Credit may be applied towards the purchase/finance/lease of an eligible new 2010/2011 Model Year Chevrolet Aveo, Cobalt and Cruze (excluding 1SB). \$750 Credit may be applied towards the purchase/finance/lease of an eligible new 2010/2011 Model Year Chevrolet Equinox and GMC Terrain. \$1,000 Credit may be applied towards the purchase/finance/lease of other eligible new 2010/2011 Model Year Chevrolet, Buick, GMC or Cadillac vehicle, delivered between February 1, 2011 – June 30, 2011. 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\$25K bail in new hotel sex case

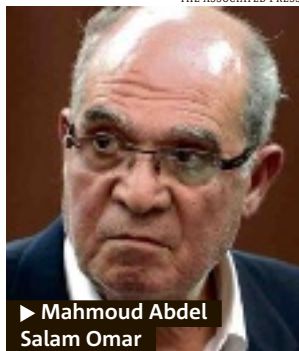
- ▶ Egyptian businessman allegedly assaulted maid
- ▶ Second episode at a New York hotel in two weeks

A businessman and former chairman of a major Egyptian bank charged with sexually abusing a housekeeper at a luxury Manhattan hotel is being held on \$25,000 bail.

Mahmoud Abdel Salam Omar has been ordered to hand over his passport because he is considered a flight risk.

Authorities say the businessman, who is in his 70s, attacked the maid at The Pierre hotel, near Central Park and Fifth Avenue.

The hotel said it suspended the housekeeping supervisor for not immediately reporting the alleged assault. Police were called



▶ Mahmoud Abdel Salam Omar

the next morning.

Omar was arraigned on two counts of sexual abuse and forcible touching.

His lawyer, Liz Beal, said her client "adamantly denies the charges." Beal said Omar expected to post bail

Security upgrade

▶ The Pierre hotel will supply panic buttons for all its room attendants, the Wall Street Journal reported yesterday.

as quickly as possible.

The prosecution says Omar grabbed the maid in a bear hug and kissed her on the lips and neck and grabbed her breasts and buttocks.

Omar's lawyer said he has been married for 48 years and has two adult children and has grandchildren.

THE ASSOCIATED PRESS

Chicago. Civil unions



▶ Janean Watkins, left, and Lakeesha Harris have eyes only for each other as they obtain a civil union licence in Chicago yesterday.

M. SPENCER GREEN/THE ASSOCIATED PRESS

Putting love on the dotted line

Janean Watkins and Lakeesha Harris, who have been together for 10 years, arrived at a Chicago records office at midnight to be first in line as Illinois' new civil union law took effect yesterday. Civil unions give couples many of the rights that accompany traditional marriage. That includes the power to decide medical treatment for an ailing partner and the right to inherit a partner's property.

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THE ASSOCIATED PRESS FILE



▶ 'Sully' Sullenberger

'Sully' takes off again

Hero pilot Chesley (Sully) Sullenberger has made his debut in his new job as CBS News aviation expert.

Sullenberger won acclaim two years ago when he landed a crippled jet in New York's Hudson River and saved 155 lives.

"We can't assume that because aviation has continued to get safer ... that we're doing everything right," Sullenberger says. "We have to keep actively looking for continuous improvements."

THE ASSOCIATED PRESS

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metro play



Run. For it

► A adult black bear runs through a schoolyard yesterday in Tualatin, Ore. Police tracked down the bear in a wooded area near the school.



RICK BOWMER/THE ASSOCIATED PRESS

Bear runs amok in schoolyard

Heroin clinics safe: Study

► Sites allow addicts to inject drugs cleanly and with nurse's supervision

Heroin-related debris, like discarded needles, dropped 46 per cent in a Montreal neighbourhood after an injection clinic opened there in 2005, according to a recent study.

Researchers are urging the Conservative government to pay attention to these findings and reconsider its opposition to such facilities.

The study published yesterday in the Canadian

Journal of Public Health says the establishment of an experimental prescription medical heroin clinic did not have a negative effect on the neighbourhood. It says fear that more drug addicts would be drawn to an area serviced by a clinic were unfounded.

"We certainly show that it is not the case. We shouldn't say no to these types of clinics on the ba-

sis of the fact that we will attract people disturbing the neighbourhood," said Serge Brochu, a Universite de Montreal criminologist.

The study follows another one by Brochu and other researchers, published in 2009, which looked at crime patterns around clinics in Montreal and Vancouver before and after they opened.

THE CANADIAN PRESS

PM's stance

► Analysis is being released as the Supreme Court of Canada considers closing a Vancouver safe-injection clinic.

► Prime Minister Stephen Harper said the national drug strategy is based on prevention and treatment. Conservatives say safe injection sites fosters addiction.

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ROCK 'EM, SOCK 'EM HANSARD

HE SAYS ...

JOHN MAZEROLLE
METRO



Brace yourself: It's House of Commons time! The backbenches are polished, the little woman in the sign language bubble is limber, and CPAC has unveiled kickin' new camera angles that promise to make the 41st session of Parliament the best yet! It's clear from my fan mail that readers are caught up in the high drama of the House of Commons, which reopens today. It's clear because no one is sending me fan mail.

And no wonder! If I know my politics, this will be the most exciting parliamentary session since Joe Clark defended himself against a man with a long knife, who was stopped from entering the bedrooms of the nation by a pirouetting Pierre Trudeau. The Avro Arrow was also involved somehow.

"If I know my politics, this will be the most exciting parliamentary session since Joe Clark defended himself against a man with a long knife ..."

The central issue this month will be the transition to Conservative majority from minority, a story that we in the media predicted with an incredibly consistent level of inaccuracy.

Nobody saw this Parliament coming. But is our face red? No. Because we in the media have shorter attention spans than goldfish. Who has time to look back on our mistakes when we're so busy

randomly guessing the future?

With that in mind, here's what to expect from the summer session:

THE BUDGET: It's basically the same as the one tabled before the election call, except for something labelled Secret Explosive Majority Win Conspiracy Item, which well-placed sources (they're near a telephone) say involves some sort of countdown clock and a lot of stifled giggles from Tony Clement.

HIDDEN AGENDA: Prime Minister Stephen Harper has buried an agenda he purchased deep in the budget, because he bought a leather-bound \$79 one when he could have gone with the normal \$18.95 version and he is embarrassed about it.

ORANGE CRUSH: Soft drink being demanded in the House of Commons by the incredibly young NDP MPs, many of whom weren't even born when Glee started.

SMALLER BLOC: With only four seats, the Bloc Québécois will stop demanding separation. Instead, they just want open, honest communication, some alone time and maybe a date night on Mondays. And would it kill Canada to say "I love you" every once in a while?

LICKING THEIR SELF-INFLICTED WOUNDS: The Liberals plan to put their internal struggles behind them and finally come together as a mere seven separate factions willing to stab their fellow members for the good of the party.

THE MEDIA: We're going to get something right this year. I guarantee it.

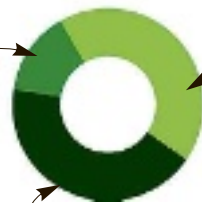
Read more of John Mazerolle's columns at metronews.ca/hesays



Register at
metrolifepanel.ca
and take the quick poll

Since June is bike month, would you consider getting out of the car or off the bus to give cycling a try?

14%
NO WAY.
MOTORHEAD
ROCKS!



42%
YOU BET. I LOVE
SPINNING MY
WHEELS.

42%
I'D CONSIDER IT, BUT ONLY IF NO ONE
LAUGHS AT MY TRAINING WHEELS.

Worth mentioning

OTTAWA. Canadian governments head off in all directions when it comes to tackling climate change, a new tally of provincial and federal environment policies shows.

The end result is a disorganized, inefficient approach to greenhouse-gas reduction that won't allow Canada to meet its goals, say researchers at the Conference Board of Canada.

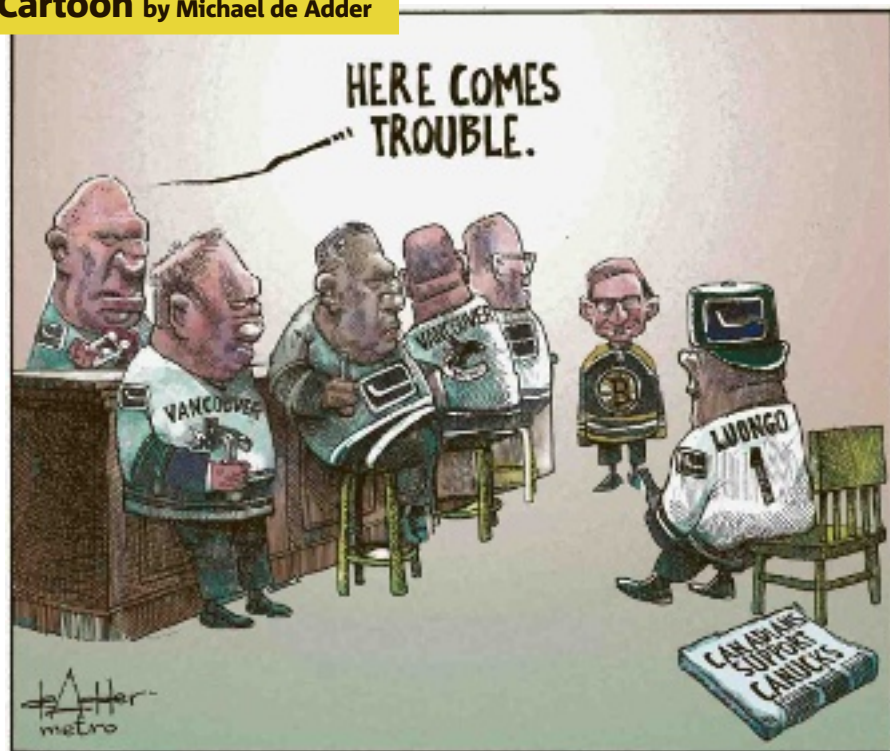
Len Coad, director of energy and environment at the Conference Board, said his team went through each federal and provincial jurisdiction and tried to add up all the policies to measure how close Canada will come to meeting its emission-reduction targets.

Coad said that while most governments have climate-action plans that focus on the biggest emitters in their purview, they don't include concrete goals or detailed analysis that will drive results.

Plus, he says governments don't talk to each other — or to the public for that matter — hampering their ability to work together to reduce emissions.

THE CANADIAN PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Those with the cutest briefs get the most votes

Politicians can be left or right, red or blue — hot or not.

A new website lets Britons rank their lawmakers' sex appeal.

The site, www.sexymp.co.uk, asks visitors to choose between two pictured legislators, with the votes compiled into a fast-changing overall ranking.

Conservative legislator Penny Mor-daunt led the female politicians yesterday, while fellow Tory Jake Berry was ranked the sexiest man.

The site's creator, reality TV star Francis Boulle, defended it as a "fun and memorable" way for people to get to know their politicians.

Most lawmakers seemed to take it in good humour.

Jim Shannon, briefly ranked least sexy among 648 lawmakers, told the BBC he hadn't been elected for his looks, but because voters "know I am a worker and will get the job done."

THE ASSOCIATED PRESS

Consumer debt rising: Study

- ▶ Canada's top central banker warned consumers to rein in borrowing
- ▶ Consumer spending, meanwhile, slowed down in first quarter of 2011

Canadians' average non-mortgage debt grew 4.5 per cent to \$25,597 in the first quarter compared to a year earlier, signalling that consumers aren't necessarily clamping down on borrowing even as they rein in spending.

Total debt per consumer, including credit cards, car loans and lines of credit but excluding mortgages, was up from \$24,497 in the same quarter of 2010, according to a quarterly analysis by TransUnion.

Total consumer debt rose in all provinces but

increased the most in Quebec and Newfoundland and Labrador, with debt rising by 7.8 per cent in both provinces, while British Columbians had the highest average consumer debt at \$36,649.

"Our first quarter data shows a continued increase in the total debt per consumer, although the trend still remains modest compared to the double-digit, pre-recession levels," said Thomas Higgins, TransUnion's vice president of analytics and decisioning.

THE CANADIAN PRESS

Indebted

Average credit card debt, which often carries high interest rates, fell four per cent to \$3,539 from \$3,688 in the fourth quarter compared with the first quarter of 2010.

Troubled credit health.

The national credit card delinquency rate — the ratio of credit card accounts that are 90 days or more overdue — grew 11 per cent in the first quarter of 2011 compared with 2010.

▶ **Auto loans.** The average borrower debt on auto loans was also up this year by 12.4 per cent to \$16,189 from \$14,402 in the first quarter of 2010. The delinquency rate on these fell slightly to 0.1 per cent from 0.13 per cent a year ago.

▶ **Lines of credit.** As for the most popular form of consumer debt (excluding mortgages) debt on lines of credit stood at an average \$33,981 — up 5.9 per cent from \$31,867 in the first quarter of 2010.

Target's reno spending to reach \$2.3B

Target Corp. is now planning to spend up to \$2.3 billion to convert Zellers stores to its brand and integrate them into its retail network, about double what the company originally budgeted for its first expansion outside the United States.

The U.S. retail giant had previously planned to spend about \$1 billion to convert Zellers locations that it will acquire from Hudson Bay Trading Co. into Target stores, the U.S. retailer said in regulatory filings. THE CANADIAN PRESS



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Toyota Prius' faulty steering leads to recall

Toyota Canada says it's recalling about 940 first-generation Prius hybrid cars across the country for faulty steering caused by a nut that may come loose.

The automaker says the recall affects Prius models made from 2001 through 2003. The move is part of a global recall of 106,000 Prius hybrids.

The single minor accident suspected of being related to the problem was reported in the United States, according to Toyota Motor Corp.

The latest recall from Toyota, which has taken a hit to its reputation from

massive recalls worldwide, affects 48,000 Prius vehicles in Japan, starting with the first Prius models that went on sale in 1997, and those manufactured through 2003.

It also affects 58,000 vehicles sold abroad, including 52,000 Prius cars sold from 2001 through 2003 in the U.S., some 1,200 in Great Britain, and 800 in Germany, company spokesman Paul Nolasco said.

Toyota says loose nuts in the electric-power steering can cause the vehicle, if operated over a long time, to steer with too much force.



▶ In this Dec. 10, 1997 file photo, visitors examine an early Prius model at Toyota Motor Corp.'s biggest showroom in Tokyo. Toyota recalled 106,000 Prius cars yesterday.

The problem can be fixed by putting in better nuts and will take about four hours, it said.

Twenty-one complaints

were received that may be caused by the problem, but there were no accidents, the automaker said.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
- 274.99 (13,527.88)	- 0.75¢ (102.49¢ US)	- \$2.41 US (100.29 US)	\$4.629 (- 3.7¢)
			Gold contract \$1,543.20 (+ \$6.40)

PRICES AS OF 5 P.M. YESTERDAY



▶ A model presents casual office wear during a "Super Cool Biz" fashion show yesterday in Tokyo. The event featured outfits appropriate for the office yet cool enough to endure the sweltering heat.

Don't 'suit up,' salarymen told

The Japanese government wants the country's suit-loving salarymen to be bold this summer. Ditch the stuffy jacket and tie. And for the good of a country facing a power crunch, go light and casual.

Japan's "Super Cool Biz" campaign kicked off yesterday with a government-sponsored fashion show in Tokyo featuring outfits appropriate for the office yet cool enough to endure the sweltering heat.

This summer may be especially brutal. The loss of the Fukushima Dai-ichi nuclear power plant, crippled by the March 11 tsunami, means electricity could be in short supply around Tokyo during hot days.

To prevent blackouts, the

Dress decoded

So what's different with Super Cool Biz?

- ▶ **Polo shirts,** Aloha shirts and sneakers are acceptable under the environment ministry's relaxed guidelines.
- ▶ **Jeans** and sandals are OK in some circumstances.
- ▶ **Tights?** Men might even think of carrying a fan or trying a pair of tight pedal pushers (pictured), though whether such fashion extremes would actually catch on is another matter.

government is asking companies to cut electricity usage by 15 per cent, and set room temperatures to 28 C.

THE ASSOCIATED PRESS

2
scene

Scene in brief



British singer Adele has postponed five dates on her tour of North America due to laryngitis. Columbia Records said in a statement the 23-year-old Grammy winner was diagnosed last Thursday in Minneapolis.

THE ASSOCIATED PRESS



In new Kevin Keller story from Archie, focus on growing up Army, being gay and a father's love. Scan code for story.

Talented Aussie shows off his skills

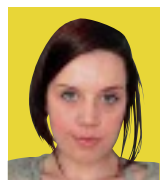
► Winner of Australia's Got Talent in 2008 ► Voted 'Best New Talent' in Guitar Player magazine ► 20-year old is working in on his third album



► Austrian musician Joe Robinson is set to play Freiman Hall tomorrow night.

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA



hockey.

After teaching himself to play from videos posted on YouTube, Robinson started touring the world with other Australian artists when he was just 11-years-old. He won a national song writing compe-

20-year-old Australian Joe Robinson is to guitar what Sidney Crosby is to

titution two years later and released his debut album a year after that.

Then, in 2008, he won the second season of Australia's Got Talent. After the win, he moved from his small town in Australia to "Music City" Nashville, Tenn.

"It's been great," Robinson said. "I've been working with some really wonderful people here. Nashville has definitely been a great fit for me. I'm in my element."

And, the whirlwind of the past few years hasn't been lost on him.

"It's a real dream to be touring the world on the

same circuit as a lot of my heroes because I grew up in a very small town in Australia watching how this industry works, as a fan, and now I'm kind of in the middle of it."

Robinson is currently working on his third album. It'll be his first with vocals and a band. His past two records were solo instrumental efforts.

"This time a year ago I was touring. I did about 200 shows and I was playing as a solo instrumental guitar player," he says. "Over the last year, I've been working on the vocal side of things; song writing, playing in a trio. So, I feel

like the next phase for me is exploring more of that."

Confident in his guitar playing abilities, Robinson says he wants to tap into that talent as much as possible.

"I feel like, where I come from musically as a guitar player, is somewhat unique to me and I want to kind of make that a part of the music that I sing as well."

The new album is scheduled for release this summer.

Check out this musical prodigy tomorrow night at Freiman Hall (University of Ottawa - 610 Cumberland St.). Tickets are available through fingerstyleguitar.ca.

Grab your friends and go for a skate

The summer weather is here so why not put your blades on and go for spin. The Ottawa Inline Festival gives you the opportunity to get outside and have fun with your friends or family. You can take part in a 10k run or even a full inline skating marathon. Get more info at inlineottawa.com.

What: Ottawa Inline Skating Festival

When: Saturday and Sunday

Where: Canadian Aviation and Space Museum (11 Aviation Parkway)

Price: TBD

● JEN TRAPLIN

Sneak a peak at some great buildings

This weekend, you've got the chance to take a look inside some of Ottawa's coolest buildings, including the Diefenbunker, CK-CU Radio Carleton and various embassies. For more information and to find out about other locations go to ottawa.ca.

What: Doors Open Ottawa

When: Saturday and Sunday

Where: Various locations across the city

Price: FREE!

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Fassbender shows off his magnetic personality

► German-Irish actor steps into the daunting shadow of Ian McKellen playing Magneto in X-Men: First Class ► Forced to do a lot of 'cringing'

HEIDI PATALANO
SCENE@METRONews.CA
METRO WORLD NEWS IN NEW YORK

Indie movie star Michael Fassbender gets his first big break, in X-Men: First Class. Metro sat down for a revealing one-on-one.

If you could have one super power, what would it be?

Being honest, I reckon flying would have to be up there just because it's one thing I can't do — damn it — much to my dismay, because when I was younger I did believe I was Superman. I've just come to terms with this in the last year that I'm not. ... So I would like to be able to fly and I would like to have a tail as well.

Oh, for what purpose?

I think it's kind of kinky. Kidding. I like the idea of being able to balance on things and they also look quite nice, don't they? They're aesthetically pleasing. I could be drinking a milkshake independently now with my hands free.

Did you talk to Ian McKellen about playing Magneto?

The thing is, I was thinking to myself, "Oh s—, the fans are not going to be happy because (McKellen), I think, goes down as one of the number one villains in all superhero films. It



► Michael Fassbender stars as Magneto in X-Men: First Class.

was a bit stupid of me to go against the grain in that respect. But then I thought, I'd bring something fresh. I want to make bold choices. Hopefully there would be something new and still have the quality that people recog-

nize of Magneto for the fans.

How many X-Men sequels are you contracted for?

Oh they own me, dude. They've got me for two options so they definitely have the option to use me

and to be honest with you, I'd be very excited to continue the journey with it. James (McAvoy) and I have been talking about it over the last few days, about where we could go with the next one. We definitely want to be involved from the ground floor up on that. I think that's going to be very important if there is a sequel.

Could you see yourself in the might-be sequels, continuing to walk the line between good guy and bad guy?

As much as I can, for sure. It's far more interesting and it happens like that in the comic books. There's a respect that continues between these two characters that I think is very interesting.

Metro had asked you before about working with green screens, but a lot of your performance demands a lot of intense cringing, because you move things with your mind...

Constipation, yes. I know, I was watching it last night thinking, "God, really. Just get on with it, man. Eat some prunes." It's like, how do you go about doing stuff like that?... But yeah, there were a few people laughing in the theater last night. I was like, "shut up, all right? Give me a break, okay? You try f—king lifting a submarine, smart ass."

Family key to Almost Heroes

For years, brothers Jason and Ryan Belleville were the jokesters brought onto a TV show to help amp up the funny.

Older brother Jason wrote jokes for the Gemini Awards, Little Mosque On the Prairie, the NHL awards, Testees and Bob and Doug after cutting his teeth in improv.

Baby-faced Ryan made his name as a hot stand-up on Toronto's comedy circuit while booking commercials, appearing in the shortlived Fox series Life on a Stick, and recently becoming a regular on She's the Mayor.

Now, the duo is coming together to make a name for themselves with their own sitcom Almost Heroes, about two brothers who run a floundering comic book store.

The younger Belleville says the Showcase series is a dream come true for the Calgary transplants, who have also developed projects for Comedy Central and the Comedy Network over the years.

"Me and Jay have been hired to write stuff that wasn't in our own voice many times," notes the 32-year-old, who says he started perform-

ing at age 15.

"I've been hired as an actor on parts and it's fun, but it's not the same. You're brought in to make something else funnier and it's just different when it's your own baby."

While Ryan Belleville is front and centre in Almost Heroes as the dimwitted Peter, Jason Belleville stays behind the scenes as co-creator, co-producer and co-writer.

He leaves the role of sophisticated older brother Terry to former Battlestar Galactica and Knight Rider regular Paul Campbell, explaining that he has "a limited range" when it comes to acting.

"I'm a lot like a Clooney," Belleville quips.

In Almost Heroes, the fictional brothers are forced to put their differences aside when their father dies and leaves the family business — a failing comic book store in a strip mall — in their incapable hands.

The series kicks off tonight with an unconventional memorial at the comic shop attended by a hodgepodge of costume-wearing geeks.

THE CANADIAN PRESS



Ryan Belleville as Peter and Paul Campbell as Terry star in the new Showcase show Almost Heroes.

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KE\$HA

“My fans and I are ... taking over”

PAT HEALY
SCENE@METRONews.ca
METRO WORLD NEWS IN BOSTON

Like most of Ke\$ha's songs — including chartbusters Tik Tok and We R Who We R — her latest, Crazy Beautiful Life, from her album, Cannibal, is a fine example of art imitating her ... crazy beautiful life.

At one point she sings, “got here by runnin’ my mouth,” which is quite true in this interview.

What at present is your favourite song to sing?

Animal is my favourite song to sing live. It's also probably my favourite song I've ever written.

How about your favourite line?

I love to sing the line in We R Who We R: “We're running this town just like a club,” because my fans and I are a cult of rowdy misfits and we're taking over! And at my shows, when we're all there

together, I can really feel our collective energy and that line feels like a mantra for us.

You mention the Rolling Stones in more than one song. Is a Mick Jagger collaboration imminent for you? Do you have his number?

Unfortunately I don't. Did you really jump the fence to get into see the Stones when you were broke, like you sing in The Harold Song?

► The No. 1 artist parties hard, hitting her biggest venues yet during a summer tour



► Ke\$ha will take you to the candy shop

I really did jump the fence to see the Stones when I was too broke to pay, but that wasn't anything out of the ordinary. I didn't have enough money to pay for shows until recently, so pretty much all the shows I

have ever been to I have had to sneak into. Over the years I've had to get creative to figure out how to get past security unnoticed, but I have also gotten to see tons of shows and made out with a ton of roadies.

What does it feel like to be going back to cities you've been to already on this tour, but at much bigger venues?

Every show I play, whether it's to two people or 2,000 people, I go balls out.

But it's fun to get to go back because I see that our cult is growing.

Is there anything different you're doing for the bigger venues?

Naturally, it's all going to have to be bigger. Bigger band members — minimum seven-feet tall and 250 pounds; bigger condoms — hefty garbage bag size; bigger glitter — each piece is the same radius as a basketball; bigger beer bottles — each beer is actually a pony keg in glass.

How much longer does it take to get ready now that your costuming is so elaborate?

It took no time not to shower before. And it still takes no time not to shower now.

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LYKKE LI

WELCOME TO 'MY WORLD,' SAYS THE SWEDISH CHANTEUSE

HANDOUT

**Metro
interview**



**PAT
HEALY**
SCENE@METRONWS.CA
METRO WORLD NEWS IN BOSTON

There is something playful about the sorrow of Lykke Li.

In the song Sadness Is a Blessing, she delivers the phrase that gives her latest album its title of Wounded Rhymes, but in a ringing chorus she sings, "sadness is my boyfriend."

Elsewhere on the album she imbues a song like Unrequited Love with a pining innocence, like it's a song from the early '60s, and immediately follows it with the sexy drive of Get Some, where she's going out on the prowl, singing, "I'm your prostitute, you're gonna get some."

In conversation, the

Swedish singer is serious about her art, but also willing to laugh at herself. **One thing that comes across on Wounded Rhymes is the importance of the sequence. The songs flow naturally. How much thought went in?** It is a lot of thought and work into that. I actually had to leave out songs because I couldn't fit them into my "world." It's about balance. Just like cooking,

you follow your instinct but at some point you've got to ease off the salt. **Your song, I Follow Rivers, appeared in a Glee episode. Did you ever think something so mainstream — and all about happiness — would celebrate a song from an album like Wounded Rhymes?** There is no business like show business, and sometimes even a melancholic person like me has to have

a laugh and collect some stamps for the books. Glee is so far away from me as a person and artist, so it was more about me seeing the humour in some huge American show singing my song about a really destructive love. With that said, I haven't actually ever watched the show and don't know much about it except that my gay friends love it.

THE GREAT USED BOOK SALE



The Gatineau Municipal Library invites you to its annual used book sale at the Jean-Paul-Sabourin Arena (70 Jean-Proulx Street, Hull sector).

**on Saturday, June 4 from 9 a.m. to 5 p.m.
and on Sunday, June 5 from 9 a.m. to 12 p.m.**


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Indie rock trio is 'more comfortable'



Arcade Fire. Broken Social Scene. In the past 10 years, Canadian bands, packed with 10-plus members, have been known for hav-

ing more people onstage than people in the audience listening.

This isn't the case for the Rural Alberta Advantage.

In fact, the trio is even multi-tasking to create a sound like there are more players. Keyboardist Amy

Cole recently bought a pedal bass to play with her feet to fill in the low end.

"It's been a little weird co-ordinating that with other instruments," says Cole. "We've been practicing it a lot actually, getting ready for tour."

Their recently released

second album, *Departing*, has been garnering favourable reviews for its heartfelt immediacy.

There have been comparisons to Bright Eyes and Arcade Fire, but especially indie rock super-heroes Neutral Milk Hotel, mostly due to singer Nils

Edenloff's voice.

"I think Nils' vocal similarity cannot be denied," says Cole.

"Honestly, it's flattering to be in the same sentence as a band like that. At the same time, I hope we have our own identity."

The band does seem to

have found themselves in *Departing*, garnering good reviews all around.

"I think because we were more confident in our sound," says Cole, "we were kind of able to make these songs in more of a voice that is a unified voice."



► The members of Rural Alberta Advantage are pictured.



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Cold War Kids start to thaw

Although the new single from the indie rock band Cold War Kids is called *Louder Than Ever*, their latest album is anything but that.

In fact, many of the highly melodic songs on *Mine Is Yours* are devoid of the angst that first propelled the band to popularity with the song *Hang Me Up To Dry* in 2007.

Singer Nathan Willett says he simply has less to be sad about these days.

"I mean, I've gotten married," he says.

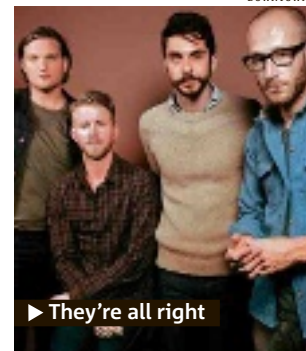
They also spent some time in Long Beach, Calif., where the band formed.

"And this was kind of the first time we'd had a long stretch of being home, reconnecting with our friends and getting back to a normal state of living."

Willett also credits his focus on home with a shift in his lyric writing. Expect their live performance to be equally personal.

"You kind of get the real life story back in, which I felt really was missing on the second record," he says. "I got to spend a lot more time creating something more cohesive, and I feel like this is in some ways the first thing that we've done that just fits together." ● PAT HEALY

DOWNTOWN



► They're all right

Peter Bjorn and John get negative

► Band uses music as form of catharsis

The songs on Peter Bjorn and John's sixth album, *Gimmie Some*, are brimming with major chords, sassy beats and fun arrangements. (After all, these are the guys behind the infectious whistle of *Young Folks*.)

But the lyrics are full of bile and violence, although the result is occasionally funny.

"Yeah, there's a lot of bitchiness in it," agrees singer and guitarist Peter Moren. "We were joking about calling it 'Negative (expletive).'"

In the song *Breaker Breaker*, the trio take down a journalist who has dissed the band.

"Before you make a sound and try to turn us down/I'm gonna stuff your mouth with all your riddles," sings Moren, a lyric written by drummer John

Eriksson.

"There was a word in the first couple of lines, 'I'm going to break your bike' and I thought that sounded too silly," recalls Moren. "So I suggested 'I'm going to break your arm,' instead, which was a bit heavier."

Some of the silliness remains, as Moren sings, "I'm gonna break your nose and sing about it." So did they break the journalist's nose?

"That's the thing," laughs Moren.

"When you write songs like this, and you get all of these negative thoughts and this anger out in this music, in the end it becomes something positive, and it's that catharsis, working through all those emotions and making pop music out of it, and then you just don't feel as bad."

"That's kind of the point I guess." ● PAT HEALY



► PB+J are pictured during a performance.

For the love of the music

► With *This Is Country Music*, Brad Paisley aims to define the sound he loves

Brad Paisley began the journey to country music stardom by spending hours in a room with a guitar endlessly trying to figure out how to make the sounds on his favourite songs.

Thirty years later he was still doing just that when Alabama's Randy Owen showed up at the studio last year with his battered old Music Man guitar.

Paisley was using his telecaster to try and mimic that eerie, funky guitar sound Owen made on classics like Mountain Music that's almost as distinct as the band's rowdy harmonies.

"Are you trying to play Mountain Music there?" Owen asked Paisley.

Paisley, of course, denied it.

"Well, that ain't Mountain Music. This is," Owen said.

"So he started playing and we hit record," Paisley said with a smile.

Those were the opening notes of Old Alabama, Paisley's second No. 1 from his new album, *This Is Country Music*. It was a moment that encapsulated Paisley's bold concept for the album and his real appreciation for the genre's history and art.

When Owen handed the Music Man to Paisley for inspection that day, it was a little like the young gun trying the legend's six-shooter on for size —

Collabos

Guest features on Brad Paisley's *This Is Country Music* include Alabama, Don Henley, Carrie Underwood, Blake Shelton, Sheryl Crow and Marty Stuart, among others.

for a few minutes at least. And Paisley really appreciated the moment.

"It was really interesting to see the smile on Brad's face," Owen said. "He was like, 'That's the guitar.'"

That guitar is a piece of country music history, something Paisley seeks to put his own stamp on with his follow-up to *American Saturday Night*. He came up with the idea for the Country Music concept at the start of the album while he loaded up the title song with verse after verse — from cancer to Talladega — until it became overlong and unwieldy. Yet he felt like he could keep going forever.

"I just realized there's nothing off-limits as far as topics go in country music," Paisley said. "Nothing's too small in your life to write about. From a toothbrush to spiritual questions to difficulty, drinking, cheating — those are bigger things — sunbathing, you know what I mean? Nothing's off-limits. We say that very clearly in our music."

THE ASSOCIATED PRESS

"There was one line (in Country Music) that set the litmus test: 'This is real, this is your life in the song.' Every one of these is somebody's life."

BRAD PAISLEY DESCRIBING HIS NEW ALBUM



► Brad Paisley poses at his home in Franklin, Tenn.

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President





▶ Amy Winehouse

Rehab 'last chance' for Winehouse

- ▶ Source says doctors urge troubled singer to stop drinking altogether
- ▶ Friends, family concerned about severity of Winehouse's situation

Amy Winehouse's latest trip to rehab hasn't been fun, according to the Sun, as doctors at London's the Priory treatment facility have reportedly warned the troubled singer to quit drinking all together.

"It's the last chance saloon for Amy," a source says. "Doctors have come down hard on her because of the severity of her situation. It's a harsh reality but

she had to hear it."

At least Winehouse has the support of her father, Mitch Winehouse, and boyfriend, Reg Traviss, according to the source.

"They are worried about her. Mitch has been down this road before during Amy's drug addiction. But she is there of her own accord this time and wants to sort herself out."

● METRO

Maria could profit in divorce

Divorce negotiations are reportedly "moving forward" between Arnold Schwarzenegger and Maria Shriver, as Schwarzenegger has hired his own heavyweight divorce attorney, Bob Kaufman, according to TMZ.

The pair have a prenuptial agreement from when they first married, but given the age of the agreement and Schwarzenegger's indiscretions that have recently come to light, Shriver may still walk away with half of their estimated \$400 million, legal experts speculate. ● METRO



▶ Arnold Schwarzenegger and Maria Shriver

Halle back on TV?

Halle Berry may be returning to her small-screen roots, as a television drama project with the Oscar-winner attached is reportedly being shopped around to HBO and Showtime by Dreamworks TV, according to Deadline Hollywood. The series, called Higher Learning, would star Berry as a college professor and would be the actress' first time on the small screen since 2000's HBO movie Introducing Dorothy Dandridge, for which she won an Emmy and a Golden Globe. ● METRO

Talking points

McDreamy leaving Grey's?

Patrick Dempsey has had just about enough of playing doctor on Grey's Anatomy, telling Italian Vogue that the eighth season of the medical soap will be it. "It's gonna be my last," Dempsey says. "I do not know what's going to happen to the other characters, but for me it's done. (Leaving will be) bittersweet because it's been a great part of my life. But I can't see me doing it anymore." His rep was quick to do damage control after the quote got out, explaining to Us Weekly: "He was referring to the fact that his contract is up at the end of next season and we have no idea what the future holds." ● METRO

Lively denies nude photos

Blake Lively is busy trying to quash her first nude photo scandal, as her rep insists pictures that recently leaked online are not of the Gossip Girl star. "The photos of Blake Lively, which have just surfaced on various websites include-

Celebrity tweets



"I left my ... in Japan..."

@katyperry



@wossy

"King Edward used to eat 5 big meals a day, some of [them] 10 courses. Then smoked 12 cigars. The Original G."

@rustyrocks

"I have been immortalised by @wossy as a cartoon character. Now I can legitimately grope Minne Mouse."

@joan_rivers

"Facebook founder Mark Zuckerberg admits that he only eats what he kills. Which reminds me, has anyone seen the Winjevoss twins lately?"

ing Perez Hilton and Zap2it.com, are 100 per cent fake," her rep says in a statement. "Blake has never taken nude photos of herself. Blake will pursue legal action against the publication which initially published these photographs and any other outlets that republish them in any manner." ● METRO

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3

SURF-READY STYLES

Check out these practical pieces from Panache that are bound to make waves on the beach



Mae Tankini Top

▶ panache-lingerie.com



Mae Hipster Swim Pant

▶ panache-lingerie.com



Mae Balconette Bikini Top

▶ panache-lingerie.com

GO AHEAD, MAKE A SPLASH

► Sure those pear-versus apple and curvy-versus-curveless shape charts are important ► But what if you actually have to move in your suit?

The runway swimsuits and magazine-shoot bikinis, with their thin straps, triangle bottoms, decorative hardware and high ratio of white fabrics, make for great photos — especially on the glamazon models.

But some other women, perhaps those who trudge across the sand carrying a beach chair or who use swimming as a form of fitness, like two-piece suits, too.

Designer Nanette Lepore, a bikini wearer and lap swimmer, says she personally tests all the swimsuit styles in her collection. "I'm aiming for across-the-board fit. That means higher bottoms and built-up tops. My friends ask, 'How did most bottoms get so skimpy, anyway?'"

But just because you don't want a string bikini doesn't limit you to dowdy, Lepore says. "I think cute, retro styling keeps them sexy."

No one is accusing a Katy Perry-type or even a Dita Von Teese lookalike, with pinup looks that evoke old Hollywood swimsuit glamour in a flirty, high-waist skirt bottom, of being frumpy or boring, says Amy

"To me swimwear 101 is about the four Cs: compression, coverups, construction and quality. Ok that's a Q, but it makes a C sound."

AMY TARA KOCH, STYLE EXPERT



► Sure this looks great on the runway, but will it truly cover up all your bits when you bust a move on the beach?

Tara Koch, a Chicago-based style expert.

It's a win-win, she says, because it's a feminine look with little chance of a wardrobe malfunction.

"You need to think about how it looks and performance. ... There definitely is a middle of the road," Koch says.

Modern swimsuit manu-

facturers have innovative fabrics at their disposal that offer softness, control and colour that lasts even after many cycles in the sun, sand and pool, according to Koch. She also notes that many of the lingerie brands that specialize in shapewear, such as Spanx, now make swimsuits.

Koch, Lepore and Kay-

Bathing best

Swimwear tips from Kaylin Richardson, director of sales at Panache Swimwear

- When you're trying a swimsuit on in the dressing room, be sure to move around.
- An underwire top is going to give the support of a bra, where a triangle top won't. Thick tank straps are another possibility.
- For the truly active woman — think beach volleyball player or a boater — the tankini should be seriously considered

Lin Richardson, director of sales at Panache Swimwear, all emphasize fit over any other factor in choosing a swimsuit, especially a two-piece. It's important in a one-piece, too, but there's usually more leeway, they say.

(They all also say white is a risky colour choice for anyone who gets wet — no matter the fabric or lining.)

How many women do you know who are different sizes on the bottom and top? asks Richardson. Probably most of them.

Panache makes its bathing suits based on bra sizes. "The idea is a properly fitted top — more of a custom fit," Richardson explains. "If you're chasing after kids, you don't have to feel self-conscious about a possible spill."

THE ASSOCIATED PRESS

3

life

Scentsation



► Fergie

Fergie's life just got a little more glamorous with her win of a Fifi award from the perfume industry for her scent Outspoken.

The Fragrance Foundation presented the Black Eyed Peas singer with the honour Wednesday night for new celebrity fragrance of the year at a splashy Lincoln Center ceremony.

The prize, Fergie said in a telephone interview, along with the yellow BCBG Max Azria gown she wore to pick it up and all the trappings of fame, are just icing now that she's realized her biggest aspiration — her success as a solo artist.

THE ASSOCIATED PRESS

Beach-ready body tips from the best



► Jessica Perez

That long, lean blond zipping by on the sidewalk in a loose tank top, racer-back sports bra, colourful running shorts and featherweight sneakers could be Sports Illustrated Swimsuit model Jessica Perez.

She's not into a fussy workout, and she's not into fussy workout gear or gadgets.

Perez credits her trainer, Justin Gelband, with

keeping her motivated by varying the exercise routine. Running is her favourite cardio workout, and she'll typically go five kilometres, but one day she'll be carrying weights, the next day she'll be working on speed and then she'll try a steeper incline.

On the days she's not running, she's at the Abhyasa Yoga Center in Brooklyn near her apart-

ment. Her best pose is the triangle.

She likes that she can do yoga anywhere in the world — whether she's home, working in Europe or on vacation in some exotic land. "The cool thing about yoga is that it's like the universal exercise, even if you don't speak the language. You could go to France or Germany and just copy what the person is doing next to you."

Perez says she rarely takes a day off from working out, mostly because it becomes harder to restart the routine. "Even if it's something small, I do it every day. I think it gets you more 'in the moment' and it just becomes part of your life."

"It doesn't have to be a fancy program. Exercise should be like brushing your teeth."

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The designer duo

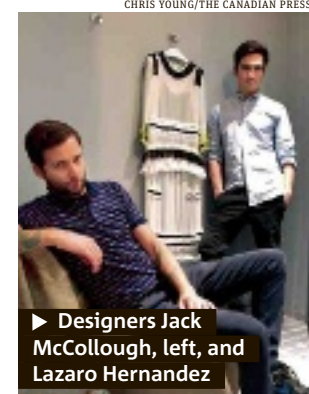
► From school to stardom, the talented team behind Proenza Schouler have stuck to their creative formula

Abandoning respective plans to pursue pre-med and glassblowing are paying off for Lazaro Hernandez and Jack McCollough.

The design duo behind Proenza Schouler has seen their careers surge since founding their New York-based womenswear and accessories brand in 2002. Their label's moniker is drawn from their mothers' maiden names.

It was a partnership forged while studying at the Parsons School of Design. It was there they established a fashionable first, deciding to collaborate on a joint senior collection. The decision paid dividends when the entire collection was snapped up by Barneys.

While the days of design school are behind them, the designers, both 32, have done little to tinker with



► Designers Jack McCollough, left, and Lazaro Hernandez

the creative formula that has helped fuel their steady ascent within the industry where they've earned acclaim for their sophisticated luxury looks infused with a youthful sensibility.

"I think as we've kind of added new things, shoes, bags ... (the brand has) evolved, but it's still fundamentally kind of based on the same principles in the

beginning when we were working together," said McCollough in an interview steps from The Room at the Bay's flagship downtown Toronto store which carries their collections.

"We still kind of sit down and go away and we'll sketch for a bunch of days and the process leading up to the show is still pretty much the same."

While they have an "army of interns" and dedicated support team, McCollough said they continue to work in a kind of "insular process," and in many ways stick to themselves.

"In terms of a lot of things, we're a little OCD. We're a little micromanager," he said, as Hernandez let out a hearty laugh. "We like to make sure we're fully involved in everything."

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Wed-ify your hairdo

► Kate Middleton's wedding hairstylist on that famous demi chignon, building block tiaras, and lily of the valley



**ROMINA
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METRO WORLD NEWS

Getting your hair to look its best on your wedding day is a small but crucial part of the overall look. You want a style that will look effortless and chic, and yet be sturdy enough to withstand, say, an unexpected gust of wind or your first

dance without diverting the attention away from your dress. Yes, it's possible. Kate Middleton's hair guru, Richard Ward, explains.

Try a demi chignon

"The up/down demi chignon really is the best of both worlds," Ward says. "Wear it all the way down and your hair will be all

over your face. But wear it all the way up and you look too strict. (The demi chignon) is a timeless look that you can pull off at both the ceremony and the party."

Keep the curls lovely and loose

"No matter how well curls have been done they will eventually drop. For long lasting, lovely loose curls use big rollers set into wet hair. This will last as your hair dries into the shape," he explains. "The worst

thing to do is use tight and heavy tongs or heating rollers as neither will last."

Choose your hair ornamentation wisely

"Tiaras are really popular at the moment," he says, stating the obvious. "I'd recommend keeping your hair away from your face if you're going to try to pull that look off. Kate's looked amazing but the problem is when people wear a tiara that's more like a crown, it all ends up looking like a

building block," he says. Flowers are a safer bet. "They're the ultimate hair accessory. Make a halo using lily of the valley buds. If you want to jazz this up at night just swap the flowers for some diamante studs, as seen on Pippa (Middleton)."

Start a mood board and practice, practice, practice

"Create a board with clippings that reflect the style you want to go for and show it to your hairdresser. All brides should practice

Bridal pick

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net-a-porter.com



► Say yes to Kate Middleton's demi chignon, but skip the tiara.



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their hairstyle until they are 100 per cent happy. You don't want any surprises on the day," Ward says.

Pick a good hair spray and let your mother have her say

"Keep your mother in the loop throughout as her feedback is priceless. On the day, allow for at least 90 minutes to get your hair done," he says. "An easy trap to fall into is to add on loads of hairspray to make sure that your hair stays in place but what you should be doing is lightly applying a fine spray. Assign a friend to help you freshen your hair on the night, whether its re-toning, blow drying or straightening."

Consider your age

"If you're over 35, pulling your hair completely away from the face can be very ageing. Also, too much volume on the side will stiffen your face. Copy Kate and allow your hair to gently sweep across your forehead. A great soft look that is also perfect for shorter hair is to have your hair down and slightly twisted and then tightened at sides."

Don't go overboard

"You'll want to feel special — it's your day, we get it — but your husband-to-be should recognize you as you walk down the aisle. A wedding is a respectful affair, avoid going overboard on anything."

Beauty picks



38°C mascara
\$32, kanebo-cosmetics.co.jp

Eyes: The no-smudge savior

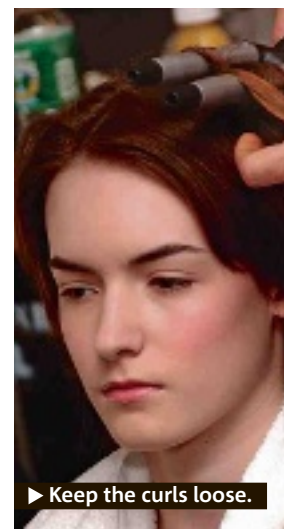
Shedding a tear as you say your vows is finally possible with Kanebo's 38°C mascara. It can only be removed with hot water, making it the perfect weapon to get through the day's rollercoaster of emotions.

Lips: The kiss of life

This lipstick's ultra hydrating formula will ensure your soon to be husband wants to prolong that ceremony kiss. The tiny gold particles veiled in silk powder give your lips a touch of shimmer and sheen.



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► Keep the curls loose.

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Although trends can be fun to learn

about; and even implement into our decor; always keeping up with them can be exhausting and expensive.

There are certain decor choices that never seem to go out of style. From a splash of animal print, to classic wood tones and fabric choices, anyone can achieve the look of a millionaire's home without having to break the bank.

Here's a list of affordable classic decor choices that will never go out of style.

Floors

Look for silk-like rugs made of viscose at places like Walmart and Home Depot. Choose tone-on-tone, simply designed rugs as they tend to have a more classic look and will last longer.

Tiles are great for updating a kitchen, bath or foyer area. Choose classic slate or marble-look porcelain tiles; it's hard to tell the porcelain versions over the real thing and they are much less expensive than the real thing.

Want the look of old-world floors? Consider laminate floors that are reminiscent of herringbone oak floors in Paris.

Laminate is also durable, easy to install and is considered a "floating" floor that makes it an excellent candidate for floors in condos.

Drapes

Faux silk drapery panels are aplenty at the big-box retailer stores. If choosing pre-made drapery panels then splurge and buy the next size up as the more the fabric hangs the more luxurious the windows will look. Got drapes already?

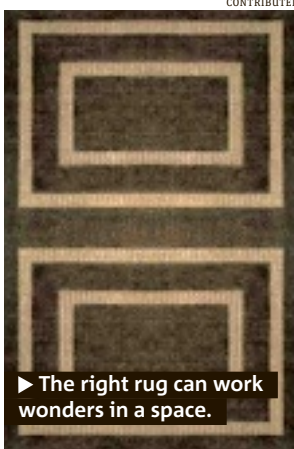
Beef them up to look more lush by adding an inexpensive material (like polar fleece) sewn as an additional lining; your drapery panels will instantly look fuller.

Upholstered furniture

Plain neutral coloured fabrics like cotton twill, chenille or synthetic linen do not have to cost a lot, yet when teamed up with a simple colour like cream, taupe or grey they can look classic for a long time. Add dashes of a trendier colour with pillows, glass vases and candles.

Wood furniture

When investing in wooden furniture pieces for your space consider



► The right rug can work wonders in a space.

choosing a medium-dark walnut or mahogany stain finish. These are the two classics that will never be out of style.

Got an old dresser from grandma's attic? Have it refinished with a dark mahogany stain, add bright chrome pulls and top it with a piece of honed



► Consider choosing a classic medium-dark walnut or mahogany stain finish for wooden furniture.



► New linen pillows and a sixties glass vase can add impact and personality to a room.

marble. Be weary of trendy wood tones such as espresso or driftwood colours; they will date themselves with a few years and are often not of good enough quality to update with a future stain

finish.

Accessories

I believe that every accessory you bring into your space should have a story (or at least look that way). Choosing unique looking items will add character and personality to a space.

Places like Homesense are great for interesting world-designed items like decorative wooden and shell-covered boxes, glass art objects and large coffee table books.

Yard sales and flea markets are another great place to look for inexpensive treasures. In order not to make your place look like a flea market itself, choose accessories in colour ways to keep a common denominator in the space. For instance a turquoise 1940s lamp or sixties glass vase can add impact to a room.

Designer classics

These are items that designers and style-makers scoop up at the flea markets and decor stores.

- **Skin rugs:** For less than a few hundred dollars you can have a cow skin rug which has been a designer classic for years.
- **Needlepoint pillows:** These look amazing on a sofa or at the top of bed.
- **Rose bowl vases:** These are great in many sizes, and can hold flowers, fruit or candles.
- **Black and white photos:** Framed with a simple black wood moulding and white matting, these can look timeless leaning against a fireplace mantle or hung in a hallway.

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The art of urban farming

▶ As more people turn to rooftop gardens to grow their food, they're coming up with ways to keep those gardens light and avoid cave-ins

On the roof of the Glide Memorial Church in San Francisco, gardeners use wine boxes and coconut cores. In Philadelphia, they plant between the roofs of row houses. In New York City, one homeowner installed steel beams.

As more people turn to roof gardens to grow their own food, they are coming up with all kinds of ways to keep those plots light and avoid roof sagging and cave-ins.

"Weight is a huge factor," says Josephine Quiocho, a project organizer at Graze The Roof, a community garden that grows spinach, mustard, kale, sweat peas and other crops on Glide Memorial's roof.

Graze The Roof has perfected an ultra-light "soil" that includes coconut core and perlite, a volcanic mineral that aerates plants. "The coconut core allows more air into the soil, lightens it up and helps trap moisture. We don't need heavy, water-clogged soil that can weigh on your roof," Quiocho says.

The Glide Memorial farmers grow their crops in

bread boxes and wine boxes, in part because the boxes are light, in part to show congregants that they can grow plants in containers found around the house.

In New York, Lize Mogel took a structural approach: She had five steel beams constructed under her roof so she could begin planting a roof farm later this year. Mogel, an artist who has grown roof crops for years, always dreamed of having a full roof farm.

"I had to do renovations anyway, so I spoke to the architect and it didn't cost much more to reinforce the roof," she says. "Because the steel beams will be attached directly to the gratings on which I'll grow the crops, the gratings can take a massively heavy load. I could raise elephants up there if I want."

For urban farmers with weaker roofs, shaving off every pound of extra weight is a hobby in itself.

Jay Sand, a co-ordinator with the Philadelphia Rooftop Farm, is working with "farmers who want to be architects and architects



▶ The rooftop garden at the Glide Memorial Church in San Francisco.

who want to be farmers" to transform the city's roofs. After many hours of study, Sand and his group focused on expanding co-operative efforts across Philadelphia's famous row houses.

"We decided not to grow on twin roofs, where one brick wall is shared between two houses. For the next growing season,

we're focused on row houses with two brick walls between houses. They are absolutely perfect because you can hold a lot of support," says Sand, a music teacher.

His group is now talking to block captains and resident groups to get more people involved this year.

"I use a light wooden

platform to grow my own crops," says Sand. "If we want to expand the project, we'd like to spread loads between people's roofs."

In Chicago, Heidi Hough, who co-writes a blog for rooftop farmers called greenroofgrowers.blogspot.com, has turned her passion for urban agriculture into a

search for the perfect lightweight roof garden.

Above her home, she grows plants on wooden platforms, which helps take pressure off the roof. A local hot-dog factory also gives her plastic pickle barrels which she "recycles and upcycles" to make planters for vegetables.

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These garden ears have it

► You don't need a farm to grow good sweet corn ►
Here are some tips for your own backyard harvest

Rumour has it the place to grow sweet corn is in a farm field. Backyard gardens, the reasoning goes, generally are not large enough to make the harvest worth it, and pollination problems are likely with small plantings.

Well, it ain't necessarily so. By choosing varieties with care, providing good growing conditions and using a few special tricks, you can harvest one ear of the best-tasting corn imaginable for each square foot planted.

Variety selection is important for scrumptious sweet corn. If space is at a premium, grow varieties — Golden Midget, Earlivee and Quickie, for example — that ripen quickly and have shorter stalks.

But also choose varieties for flavour. Yellow corns generally have "cornier" flavour, white corns a purer sweetness. Varieties such as Honey and Cream and Bodacious pack both yellow and white kernels into each of their ears. A

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of the ground frees space for other vegetables. Corn varieties that mature quickly are one way to do this, but avoid growing only early maturing varieties because their flavour generally is not as good as that of longer ripening varieties.

You also could get your corn in and out quicker by planting seeds in 7.5-centimetre pots, and letting plants spend three to four weeks growing in those pots rather than taking up space out in the garden.

Easy growing

Corn is a hungry plant that needs rich, moist soil and at least six hours per day of sunlight.

Close planting without attention to soil and water results in nubbins rather than plump, well-filled ears.

So add plenty of compost to the soil along with a high nitrogen fertilizer, such as 0.9 kilograms of soybean meal per 9.3 square metres.

For close planting, grow corn in double rows of "hills," a hill being a cluster

favourite? Golden Bantam.

Space considerations

No need for garden space to be devoted only to corn. Before the corn goes in, while temperatures are still cool, you could plant radishes, leaf lettuce, spinach, arugula and other quick maturing vegetables that enjoy cool weather.

At the other end of the season, after corn harvest, you could plant bush beans, late cabbage or broccoli.

Getting corn in and out



► Golden Bantam Sweet Corn

of three or four plants. Hills ensure good pollination. Space each row of that double row 60 centimetres apart, with 60 centimetres between hills.

You won't be able to walk between the double row, but you can harvest from each side. If you garden in beds, just plant two or more rows of hills down the length of each of your beds.

Take a bite

Two to three months after planting comes your reward. Timely harvest is all-important. Start your countdown when silks first show at the tips of the ears; expect to eat those ears about three weeks later.

When ready for harvest, an ear looks and feels full, and its silks have browned but are not yet brittle. If you are inexperienced at

harvesting corn, pull back the husk to check that the kernels are plump and ooze a milky juice when pressed with a fingernail.

Pull down on a ripe ear to rip it from its stalk, then take a bite right away or bring it to the kitchen for cooking. Either way, each bite will be a reminder that sweet corn is worth growing in the backyard.

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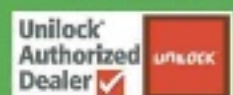
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Style your home for less

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► Getting that 'wow' factor isn't as hard — or as costly — as you think ► Here are a few simple tricks and ideas

DIY IDEAS

Introducing style into your home comes from more than large furniture pieces and paint colours. It requires attention to detail and thoughtful design.

With a simple budget and these basic ideas, you can create a home that is updated, fresh, and stylish.

The fabric of your life

Fabric is the easiest and fastest way to create "wow" factor in a room and to showcase your personal taste.

It's important to coordinate fabrics, using both patterns and neutrals, big

and small prints, and don't forget to consider texture!

Updating large pieces like curtains, bedding, or upholstery is a great way to transform your home, but not if you're on a strict budget.

Try incorporating eye-popping fabric through accent pillows or even a simple throw in a living room or bedroom, both of which you can make yourself.

Hardware is easy

Adding gorgeous knobs to an old dresser or cabinet can immediately take it to a higher standard — and all it takes is a screwdriver!

Think of elements in your home that you touch

and feel every day, such as door handles that can be easily updated.

Make your desk more eye-catching by swapping out the handles for some that reflect the design of the room.

Consider visiting your local flea market for some vintage and bargain buys that will add charm and personality to your home.

Rugs, rugs, rugs

A rug can revitalize and beautify your space in one simple step. They can change with the seasons or rotate for an easy way to update your home.

Choosing two or three smaller rugs is cheaper than an area rug, and will better complement your rooms.



► The fine art of flipping: Peter Fallico hosts Home To Flip, a show that helps families renovate and redesign their homes on a strict budget in order to resell for a larger profit.

Think outside the rectangular box when making your choice — an oval, circular or even octagonal

shape can add flair!

Rugs are a practical and affordable way to make the space in which you

live a designer's dream.

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Wanted: More closet space

► Tame a page from Eminem and clean out your closet ► Then revamp it

LINDA LABAN
LIFE@METRONews.CA
METRO WORLD NEWS IN NEW YORK

If cramming in new spring clothing already proved too much for your overstuffed and disorganized closet, it's time to expand.

Nothing tidies a room and makes getting dressed less traumatic than a well-organized, capacious closet.

Ready to redo yours? First, think hard about the design, says Melanie Jackson Bergin, California Closets' lead designer.

"A closet is such a personal thing, everyone has different needs and expectations," she says.

"Decide what you want. Do you want your thou-

sands of shoes displayed, or do you want to maximize space?

If you're limited with how much room you have, then you have to compromise and design for maximum storage."

Jackson's tips to create a great closet:

- Keep obstructions minimal. For example, if you need a light switch or outlet in the closet, put it on a sidewall that you won't be putting shelves or rails on.

- Really pay attention to the height of your storage system. Keep things reachable, but also up high enough so that your clothes won't drag on the floor when you hang them.



► A nicely organized closet can make deciding what to wear much easier.

- Don't clutter your new closet: Sort, save or purge. If you don't love it or if you don't wear it, donate it!

Thinking about building your own?

"Be honest: What is your skill level?" Jackson says.

"If you think you can handle it, go for it. The biggest do-it-yourself nightmare we see is when the person didn't find all the studs," she says, referring to the wall's wood posts.

"A year goes by and the closet starts to fall apart."

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THURSDAY, JUNE 2, 2011

Top 10 things to throw out

► Moving in with your sweetie? ► Not so fast — chuck these items before you make the move and make your love nest quibble- and clutter-free!



Anything your ex gave you

It's time to start fresh with each other. Love the teddy bear your ex-boyfriend won for you at the local fair? Give it one last squeeze, then bid adieu.

Things from another decade

Acid wash jeans must go, along with any clothing item with shoulder pads. You get the drill.

Bridesmaid dresses you will never wear again

You might still be pouting about the money you had to fork over for your bestie's wedding, but if you haven't worn a dress for more than a year, it's time to give it the old heave-ho. The closet isn't just for you any more.

International arsenal of magnets

A lobster from your road trip to Nova Scotia, a yellow taxi cab from that weekend getaway to NYC: Magnets may seem little, but they add a ton of clutter to a space. Repeat: A clutter-free fridge is a happy fridge; a

happy fridge means a happy relationship.

Sports memorabilia

Hoarding the big foam finger you sported when your team got the winning point will not bring back the team's glory days (or your youth). Players move on; so should you.

Video games

Seen The Break-Up? Vince Vaughn's Gary gets the boot for his lazy ways, which include a relationship with his gaming system that overshadows that with his girlfriend. Replace Grand Theft Auto with cuddle time so you're not demoted to cold nights on the couch.

Your stash of fashion magazines

It all started with your subscription to Teen, and you never looked back. Remember the Earth is your friend, and all that paper could go in your recycling bin.

Your flea-market finds

Sometimes you can find real treasures at the local

thrift shop or garage sale, but often times another person's junk is, well, just junk. Review that mismatched armchair and foot rest with critical, objective eyes.

Your overflowing yet still undervalued baseball card collection

You collected, you clung, you clinched no money. Release these cards to their destiny — the local pawn shop — and say hello to adulthood.

Ratty alma mater duds

They were there for you during rough times: Cramming for finals, working on a doomed essay the night before it was due, dealing with the anxiety of being a new grad without a job. But let's face it: Nobody wants to see you in tattered sweats and tees, no matter how much they love you. Treat these like a garden salad and toss!

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Grilling with international appeal

THE CANADIAN PRESS HO/ ON THE GRILL CHICKEN AND SIDES COOKBOOK

Fire up the grill to make these tasty chicken gyros

Preparation:

- 1 In bowl, whisk yogurt, mint, oil, lemon juice, salt and pepper. Add tomato and cucumber; stir to combine.
- 2 In bowl, whisk marinade ingredients. Add chicken and coat evenly. Marinate for 30 minutes at room temp.
- 3 Prepare grill for direct cooking over medium heat (180 to 230 C/350 to 450 F).
- 4 Brush onion slices on both sides with oil. Remove chicken from bowl, letting herbs cling to chicken. Discard marinade. Grill chicken and onion slices over direct medium heat with lid closed as much as possi-

ble, until meat is firm to touch, juices run clear and onion is tender, 6 minutes, turning once. Remove from grill.

- 5 Warm flatbreads on grill over direct medium heat until lightly charred, about 2 minutes, turn-

ing once or twice. Layer some chicken, sauce and onion inside flatbreads and serve warm or a room temperature.

THE CANADIAN PRESS/WEBER'S ON THE GRILL CHICKEN & SIDES BY JAMIE PURVANCE (2010)

Ingredients:

Chicken Gyros

- 750 g (1 1/2 lb) chicken tenders
- 1 red onion, cut crosswise into 1-cm (1/2-inch) slices
- 6 flatbreads or pitas

Sauce

- 250 ml (1 cup) Greek yogurt
- 30 ml (2 tbsp) finely chopped fresh mint leaves
- 15 ml (1 tbsp) olive oil
- 7 ml (1 1/2 tsp) lemon juice

- 2 ml (1/2 tsp) kosher salt
 - 1 ml (1/4 tsp) black pepper
 - 250 ml (1 cup) finely chopped ripe tomato
 - 125 ml (1/2 cup) finely diced cucumber
- Marinade**
- 45 ml (3 tbsp) olive oil
 - 45 ml (3 tbsp) lemon juice
 - 15 ml (1 tbsp) dried oregano
 - 1 garlic clove, minced
 - 2 ml (1/2 tsp) kosher salt
 - 1 ml (1/4 tsp) ground black pepper
 - 0.5 ml (1/8 tsp) crushed red pepper flakes



► Skip the tired burgers in favour of gyros with tzatziki.

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SPECIAL INFORMATION FEATURE

Upcoming Events



GAY COOK
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All over the city, there are exciting functions to help you expand your palette and knowledge of food, wine and culture. Here are three events you might not have heard of.

1

Bid on unique Baskets
With Panache at the Canada Agriculture Museum, held on June 15. Local businesses and restaurants donate the gift baskets, and all proceeds go to the museum's school programs and summer day camps.
agriculture.technomuses.ca

2

On Saturday, the Canadian Culinary Federation Ottawa Branch is hosting a fundraising dinner at Algonquin College. They will be serving the same menu that will be prepared for the James Beard Foundation Fundraising Gala.
cfcottawa.eventbrite.com

3

With the arrival of spring, the following farmers' markets are open across Ottawa with locally grown vegetables, fruit, meat, arts and crafts, and other products.
ottawafarmersmarket.ca
carpfarmersmarket.com
kanatafarmersmarket.ca
metcalfeffm.com



► **Baskets with Panache!** is a unique fundraising event where gift baskets will be auctioned, as well as a silent auction conducted by Ottawa's own Stuntman Stu. Hors-d'oeuvres and seasonal Canadian foods and beverages will be served by Thyme & Again Creative Catering.

SAMANTHA EVERTS/FOR METRO



► **Owner of Gypsy and Company** Aria Leroux enjoys a cup of tea in her newly opened clothing boutique and all vegetarian café.

Gypsy and Company gets funky with fashion and food

Burlesque performer and vintage fashionista Aria Leroux has opened her dream clothing boutique/café in what was once Aunt Olive's. Gypsy and Company has been funkified with colourful décor and retro paintings, and the boutique is filled to the brim with dresses, cowboy boots and other items dating back to the 1930s. A giant Victorian

couch in the front window with alternative magazines invites customers to spend an hour enjoying one of a dozen fair trade types of tea or coffee. While Leroux makes homemade cranberry-orange scones daily, most of her baked goods come from Auntie Loo's treats or B-Goods bakery (both vegan). She hopes to carry salads and quick lunches in

the future, but in the meantime, try her secret recipe Sweet Southern tea on the small patio and watch Elgin Street stroll by.

by **SAMANTHA EVERTS**

Where to go...

Gypsy & Company
209 Gilmour at Elgin



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Mill Street Brewery brings us some new summer lovin'

► Mini Brew Pub Seasonal Sampler is jam-packed with sensational flavours ► New Traditional Ginger Beer could be star of show



JEFF O'REILLY
OTTAWA@METRONEWS.CA

For a brewery that isn't even 10 years old, the Mill Street Brewery has made some pretty big waves in the Ontario Craft Beer scene, winning boatloads of awards and being named the Canadian Brewery of the Year in 2007, 2008 and again in 2009. Its beers are bold and distinctive and it is clear that Brew Master Joel Manning marches to the beat of his own drum. He has designed thousands

of beers — some an interpretive tribute to classic styles, but many completely quirky, unusual and very much his own creation.

In the Capital there is a lot of buzz surrounding Mill Street these days. As the official beer sponsor of The Cisco Systems Ottawa Blues Festival, it has a fantastic showcase for its repertoire of beers. There is great anticipation for the fall opening of its new brewpub at the Mill Restaurant, and if its Lemon Tea Ale — last summer's second most pop-

ular new beer release at the LCBO — is any indication, we should expect more innovative additions to the Mill Street family of beers.

The LCBO has just released its Mini Brew Pub Summer Seasonal Sampler and we find some familiar celebrated favourites — TankHouse Ale, Stock Ale, Organic Lager, Lemon Tea Ale, and Pilsner — but it is the new Traditional Ginger Beer that could be the star of the show. Ginger plus beer is a marriage made in heaven.

The Traditional Ginger Beer is orangey-yellow in colour with a fat creamy white head. Grassy hops and a fresh ginger root sensation that just "pops" dominate both the nose and the taste with hints of caramel, bread and fruit. It is crisp, clean and completely refreshing with a really nice dry finish. My wish list now includes regularly scheduled sunshine, rocking out at Bluesfest with some fun new beers plus hours of well-earned patio relaxation time. Cheers!



► Caitlin Kragtwyk enjoying a Mill Street Traditional Organic Lager.

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THURSDAYS - Diva Night - Enjoy our Champagne-Sushi-Chocolate inspired ladies menu Dj Batu on Deck playing his sexy funky girly jazzy beats from sio mo disco to grown up house music

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TUESDAYS - Mystics & Manicures - Come by for a manicure, be inspired by the tarot readings & stay for the ladies cocktail & tapas specials

WEDNESDAYS - Mystic Garden - Experience our in-house Energy healer & our delectable Latin Inspired Veggie & Vegan menu - & on the Rooftop Dj Dusty dance along to the best urban, dance, and retro tunes

THURSDAYS - Danza Latina - Dance along with us for our Free Cali Salsa lessons from 8-10pm with Salsa's own Sabtain Khan plus enjoy \$5 Mojitos, Margaritas, & Sangrias all night - & on the Rooftop 'Fiesta' with Dj Paulo Cardoso & weekly guests playing all styles of worldbeat music from Europe, Caribbean, and South America

FRIDAYS - Zona Viva - Friday nights just got hotter. Come and show off your best Latin dance moves at Zona Viva, featuring lessons, dance floor and Happy Hour specials

SUAVÉ SATURDAYS - DJ Jim Reilly - a long time Ottawa Dj Veteran, Jim merges all cultural borders by playing a great array of your Latin & Contemporary favourites

BOMBSHELL SUNDAYS - on the Rooftop with Dj Eric Latulippe & friends Playing the best funky, soulful house music the city has to offer, & enjoy specials on buckets of Coronitas all day long

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4
sports

Quoted



"We did it; 19 years, baby. Thank you very much. That's why I'm telling you first: I'm about to retire. Love you. Talk to you soon."

SHAQUILLE O'NEAL, IN A VIDEO RELEASED YESTERDAY. A 15-TIME ALL-STAR, FOUR-TIME CHAMPION AND THE 2000 NBA MOST VALUABLE PLAYER, THE 39-YEAR-OLD O'NEAL ANNOUNCED HIS RETIREMENT ON TWITTER.



Scan code for more sports news.

Every second counts

► With clock running down on a scoreless Game 1, Torres beats Thomas to seal victory

Raffi Torres scored with 18.5 seconds left in the third period to give the Vancouver Canucks a 1-0 victory over the Boston Bruins last night in Game 1 of the Stanley Cup final.

Torres took a pass from Jannik Hansen and beat Bruins goaltender Tim Thomas on the stick side. His third goal of the play-offs brought a tremendous roar from the crowd at Rogers Arena.

"That's how you've got to beat (Thomas)," Torres told CBC after the game. "You've got to get him moving, try to fake a shot like Jannik did. He made a great pass, and we needed that one."

Canuck goaltender Roberto Luongo made 36 saves and opened a series with a shutout for the third time these playoffs.

Game 2 of the best-of-seven series will be played Saturday at Rogers Arena.

Thomas had looked like a spinning top in the third period.

In the first minute Alex Burrows deflected a puck that Thomas stopped. Thomas stoned Jannik Hansen on a breakaway, then calmly put his glove on the puck as it lay in front of the net. Later, he got his body in front of a Maxim Lapierre deflection.

Canuck Mason Raymond was left shaking his head in the second period

1	0
	
CANUCKS	BRUINS

when he sent a deflection just wide of the open net. Thomas ended the night with 33 saves.

There was no scoring after 40 minutes but the game had a nasty edge.

Boston defenceman Andrew Ference hacked Henrik Sedin to the ice with a cross-check in the second period after the whistle had blown.

Torres gave Boston's Chris Kelly a punch in the face. Daniel Sedin backed into Thomas, bowling the Bruins' goaltender over.

None of the plays drew a penalty.

Canuck defenceman Dan Hamhuis sent the big Lucic cartwheeling through the air with a hip check.

The Bruins' David Krejci took exception and cross-checked Hamhuis while he was on the ice.

Hamhuis went to the Canuck dressing room and didn't return.

THE CANADIAN PRESS



► Raffi Torres, centre, celebrates with his Canucks teammates after his goal last night.

Sharapova back in the semis



► Maria Sharapova hits a forehand yesterday.

Everything came so quickly for Maria Sharapova at the start of her tennis career. Wimbledon champion at age 17. Ranked No. 1 at 18. Second major title at 19, third at 20.

Surgery on her right shoulder in October 2008 put a halt to all of that. Getting her game back in order required patience. And with a 6-0, 6-3 victory over 15th-seeded Andrea Petkovic of Germany yesterday,

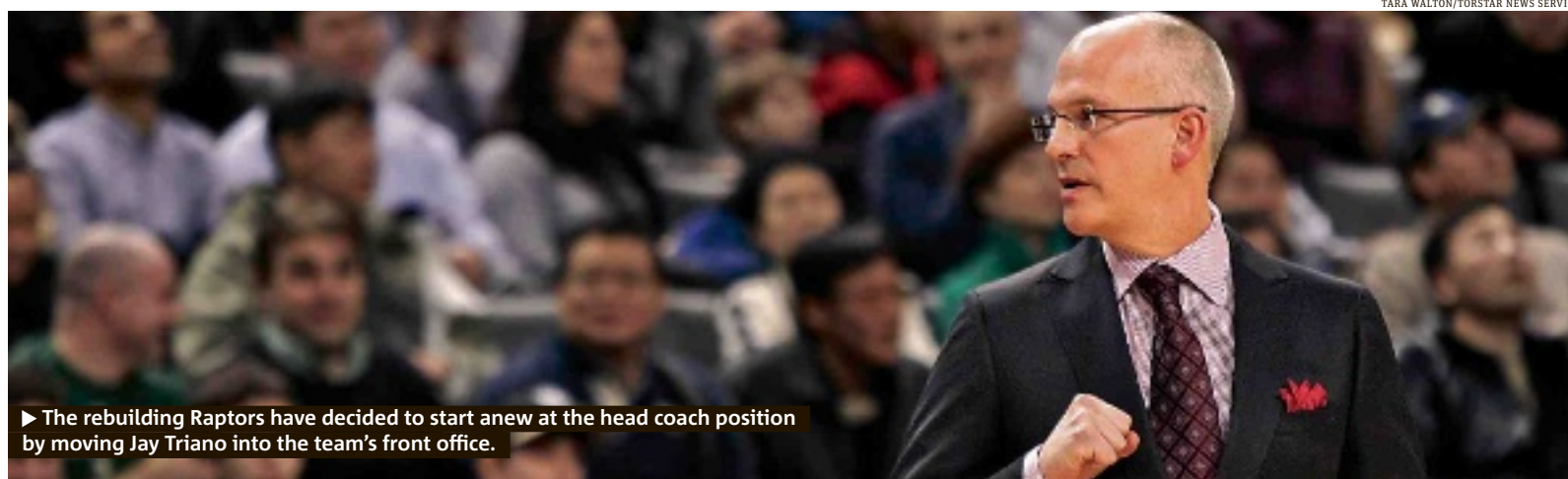
Sharapova reached the French Open semifinals, the first time she's made it that far at any Grand Slam tournament in more than three years.

"There's no doubt there's tough moments. I don't think without tough moments the good ones would feel so good," the seventh-seeded Sharapova said. "I have certainly put in a lot of work, and I was never hesitant. I always tried to

push myself as much as I could."

The owner of titles from the other three major tournaments, a championship at Roland Garros would make Sharapova the 10th woman to complete a career Grand Slam.

In the semifinals today, she'll face No. 6 Li Na of China, who advanced by beating No. 4 Victoria Azarenka of Belarus 7-5, 6-2. THE ASSOCIATED PRESS



► The rebuilding Raptors have decided to start anew at the head coach position by moving Jay Triano into the team's front office.

Raps shuffle Triano out of coach's role

► First ever Canadian NBA coach will now serve as assistant to Colangelo

The Toronto Raptors are making a head coaching change after finishing with the third-worst record in the NBA this past season.

The team will not pick up the option on Jay Triano's contract for next season. Instead, he'll be retained as a special assistant to president and general manager Bryan Colangelo.

The search for a new head coach will commence immediately.

"I have great respect for Jay Triano both as a person and as a basketball mind," Colangelo said in a release yesterday. "Jay deserves tremendous credit for developing our young players this past season and our most recent win-loss record does not appropriately reflect his many positive contributions to this organization."

Triano served as an assistant to three coaches before being named interim head coach in December 2008 following the dismissal of Sam Mitchell. The interim tag was later removed and Triano signed a three-year deal in May 2009.

He guided the Raptors to a 22-60 mark this past season and finished with an 87-142 record as head coach.

"This was a difficult decision to make," Colangelo said. "But after almost three full seasons of observation and evaluation I believe

Talent void

Jay Triano became the victim of the Raptors' talent deficiency after Chris Bosh left last summer to join the Miami Heat.

- Andrea Bargnani has yet to step into the void left by Bosh on the young squad.
- Triano spent six years as head coach of Canada's national team, leading Canada to a seventh-place finish at the 2000 Olympics.

that bringing in a new voice as head coach will accelerate the progress we are looking to make in the coming years."

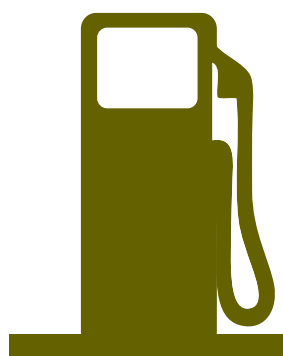
Triano, a native of Niagara Falls, Ont., joined Lenny Wilkens' coaching staff for the Raptors 2002-'03 season.

"I am grateful to the organization for the opportunity to be a head coach in the NBA," Triano said. "I am proud of the work that I and the coaching staff have done with our young players and feel confident we have laid the foundation for a team that will continue to improve."

"I look forward in assisting Bryan to deliver a championship team to Toronto."

The announcement came two weeks after Colangelo agreed to a multi-year contract extension.

THE CANADIAN PRESS



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SHANAHAN

NHL to take 'fresh look' at discipline

A new man will be handing out the discipline in the NHL.

Colin Campbell is stepping down as the league's head disciplinarian and is being replaced by former player Brendan Shanahan.

NHL commissioner Gary Bettman made the announcement yesterday, saying the move was part of a reorganization of the league's head office.

"Both Colin and I believe it's time to take a fresh look at the standards that we use," Bettman said prior to Game 1 of the Stanley Cup final.

"If we are going to

move to harsher discipline, that change needs to send a clear message and we think it would probably be best to do on a clean slate."

There had been some criticism that there were inconsistencies in the suspensions Campbell had handed out this season, especially in the area of head shots.

Bettman praised Campbell's efforts and said it was not a demotion.

"It would be unfair, inappropriate and simply wrong to suggest this reorganization in any way is a diminution of Colin or his role," said Bettman.

Campbell will continue in his job of director of hockey operations.

"I approached Gary back in March about supplemental discipline, and it was time to have a fresh look and fresh eyes at the

process of discipline," said Campbell, who had held the job since 1998.

Shanahan, who won three Stanley Cups with the Detroit Red Wings, said his taking over the job won't necessarily result in longer suspensions.

"I can't promise you how I will view each individual situation," Shanahan said. "I do love the physical aspect of hockey and it is a very difficult and fine balance to keep that in the game to allow players to play on their toes, but at the same time know what they can and cannot do."

"I will promise you when I do make those decisions, I will try and make my thought process, and everything that went into that thought process, very clear and very visible to the entire hockey world."

THE CANADIAN PRESS

Mavs laugh off Dirk's finger injury

Brian Cardinal took one look at Dirk Nowitzki's injured finger, turned to the Dallas Mavericks' trainer and recommended his treatment plan.

"Cut it at the knuckle," the Mavericks backup joked, making a scissors motion with his right hand. "Like Ronnie Lott."

Nowitzki's injury was more source of fun than concern yesterday, starting from the moment he woke up. He expected the torn tendon at the tip of his left middle finger to be sore and throbbing and it wasn't.

Nowitzki figures it'll be mostly a nuisance for the next month or two. He and his shooting coach worked to see how he can compensate, starting with Game 2 of the NBA final against the Miami Heat tonight.

Nowitzki was hurt trying to strip the ball from Chris Bosh in the fourth quarter of Tuesday's 92-84 Game 1 loss. The injury generally takes six to eight weeks to heal.

Because the problem is on Nowitzki's non-shooting hand, most of what he does offensively will not be affected.

"I think once the game starts, the adrenaline starts flowing, I don't think it will really slow me down much," Nowitzki said. "I'm not really worried about it."

Maybe he should be. Because Miami knows where he's hurting, and everyone knows how much Nowitzki means to Dallas, it only makes sense that guys are going to swipe at his hands more than ever.

"Somebody's going to swat down on it, whether they want to or not," Bosh said. "It's painful. As ballplayers, we all go through it."

THE ASSOCIATED PRESS

DAVID J. PHILLIP/THE ASSOCIATED PRESS



► Dirk Nowitzki

NHL

PLAYOFFS

All times Eastern

STANLEY CUP FINAL

(Best-of-7 series)

VANCOUVER (W1) VS. BOSTON (E3)

Last night's result

Boston at Vancouver

Saturday's game

Boston at Vancouver, 8 p.m.

Monday, June 6

Vancouver at Boston, 8 p.m.

Wednesday, June 8

Vancouver at Boston, 8 p.m.

Friday, June 10

x-Boston at Vancouver, 8 p.m.

Monday, June 13

x-Vancouver at Boston, 8 p.m.

Wednesday, June 15

x-Boston at Vancouver, 8 p.m.

x — if necessary.

SCORING LEADERS

	G	A	PT
H.Sedin, Vcr	2	19	21
St. Louis, TB	10	10	20
Lecavalier, TB	6	13	19
Kesler, Vcr	7	11	18
Krejci, Bos	10	7	17
Horton, Bos	8	9	17
Purcell, TB	6	11	17
J.Thornton, SJ	3	14	17
D.Sedin, Vcr	8	8	16
Boyle, SJ	3	13	16
Clowe, SJ	6	9	15
P.Bergeron, Bos	4	11	15
Datsyuk, Det	4	11	15
Burrows, Vcr	7	7	14
Couture, SJ	7	7	14
Downie, TB	2	12	14
Marleau, SJ	8	5	13
Ward, Nash	7	6	13
Stamkos, TB	6	7	13
Marchand, Bos	6	6	12
Gagne, TB	5	7	12
Giroux, Pha	1	11	12
Bergenheim, TB	9	2	11
Ryder, Bos	5	6	11
Kelly, Bos	4	7	11
Moore, TB	3	8	11
Ehrhoff, Vcr	2	9	11
Setoguchi, SJ	7	3	10
Ovechkin, Wash	5	5	10
Pavelski, SJ	5	5	10
Cammalleri, Mtl	3	7	10
Briere, Pha	7	2	9
Legwand, Nash	6	3	9
Biekas, Vcr	5	4	9
Heatley, SJ	3	6	9
Lucic, Bos	3	6	9
Edler, Vcr	2	7	9
I.White, SJ	1	8	9
Lidstrom, Det	4	4	8
Zetterberg, Det	3	5	8
Filppula, Det	2	6	8
Perry, Ana	2	6	8
Peeverley, Bos	2	6	8
Raymond, Vcr	2	6	8
Seidenberg, Bos	1	7	8
Kaberle, Bos	0	8	8
van Riemsdyk, Pha	7	0	7
Selanne, Ana	6	1	7
Higgins, Vcr	4	3	7
Fisher, Nash	3	4	7
Holmstrom, Det	3	4	7
Ference, Bos	2	5	7
Recchi, Bos	2	5	7
Brewer, TB	1	6	7
Gragnani, Buf	1	6	7
S.Koivu, Ana	1	6	7
Laich, Wash	1	6	7

Not including last night's game

HOCKEY

AHL PLAYOFFS

All times Eastern

CALDER CUP FINAL

(Best-of-7 series)

HOUSTON VS. BINGHAMTON

(Houston leads series 2-1)

Last night's result

Houston 2 Binghamton 1

Tomorrow's game

Houston at Binghamton, 7:05 p.m.

Saturday, June 4

Houston at Binghamton, 7:05 p.m.

Tuesday, June 7

x-Binghamton at Houston, 8:05 p.m.

Thursday, June 9

x-Binghamton at Houston, 8:05 p.m.

x — if necessary.

NBA

FINALS

All times Eastern

(Best-of-7 series)

MIAMI VS. DALLAS

Tuesday's result

Miami 92 Dallas 84

Tonight's game

Dallas at Miami, 9 p.m.

Sunday's game

Miami at Dallas, 8 p.m.

Tuesday, June 7

Miami at Dallas, 9 p.m.

Thursday, June 9

x-Miami at Dallas, 9 p.m.

Sunday, June 12

x-Dallas at Miami, 8 p.m.

Tuesday, June 14

x-Dallas at Miami, 9 p.m.

x - played only if necessary.

LATE TUESDAY

HEAT 92, MAVS 84

DALLAS (84)

Marion 6-12 4-5 16, Nowitzki 7-18 12-12 27, Chandler 3-4 3-5 9, Kidd 3-8 0-0 9, Stevenson 2-3 0-0 6, Terry 3-10 3-4 12, Stojakovic 0-3 0-0 2, Barea 1-8 0-0 2, Haywood 0-1 3-6 3. Totals 25-67 25-32 84.

MIAMI (92)

James 9-16 2-2 24, Bosh 5-18 9-12 19, Anthony 0-1 0-0 0, Bibby 0-4 0-0 0, Wade 9-19 2-5 22, Chalmers 3-8 3-4 12, Haslem 3-8 1-1 7, Howard 0-1 2-2 2, Miller 2-5 0-0 6. Totals 31-80 19-26 92.

Dallas 17 27 17 23 84

Miami 16 27 22 27 92

3-Point Goals—Dallas 9-22 (Kidd 3-7, Terry 3-7, Stevenson 2-3, Nowitzki 1-2, Stojakovic 0-3), Miami 11-24 (James 4-5, Chalmers 3-7, Miller 2-4, Wade 2-4, Bibby 0-4). Fouled Out—None. Rebounds—Dallas 46 (Marion 10), Miami 59 (Wade 10). Assists—Dallas 18 (Kidd 6), Miami 20 (Wade 6). Total Fouls—Dallas 22, Miami 21. A—20,003 (19,600) at Miami.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	17	155	140	487	28.6
Nowitzki, DAL	16	147	142	453	28.3
Rose, CHI	16	149	111	434	27.1
Howard, ORL	6	51	60	162	27.0
Anthony, NYK	4	33	29	104	26.0
James, MIA	16	140	109	414	25.9
Westbrook, OKC	17	135	121	405	23.8

ACTIVITY

BASEBALL

MLB

AMERICAN LEAGUE

BALTIMORE ORIOLES — Activated LHP Brian Matusz from the 15-day DL. Designated UT Jake Fox for assignment.

NATIONAL LEAGUE

ST. LOUIS CARDINALS — Placed RHP Kyle McClellan on the 15-day DL. Recalled RHP Lance Lynn from Memphis (PCL).

Midwest League

QUAD CITIES RIVER BANDITS — Promoted LHP Kevin Siegrist to Palm Beach (FSL).

AMERICAN ASSOCIATION

EL PASO DIABLOS — Released RHP Cardoza Tucker, RHP Amad Stephens and RHP Jorge Crespo. Signed RHP Raymond Cruz.

GRAND PRAIRIE AIRHOGS — Released RHP Marcus Salmon and INF Chad Bisnette.

SHREVEPORT-BOSSIER CAPTAINS — Released RHP Danial McHenry. Signed RHP TJ Forrest.

WINNIPEG GOLDEYES — Signed LHP Luis Villarreal.

BASKETBALL

NBA

HOUSTON ROCKETS — Named Kevin McHale coach.

TORONTO RAPTORS — Announced the contract option on coach Jay Triano will not be exercised and he will be retained as a special assistant to the president and general manager.

FOOTBALL

NFL

SAN FRANCISCO 49ERS — Named Michael Bracken video operations manager.

CFL

WINNIPEG BLUE BOMBERS — Agreed to terms with WR Jade Etienne. Signed DB C.J. James and DB Leslie Majors.

HOCKEY

NHL

CHICAGO BLACKHAWKS — Added the title of chief executive officer to team president John McDonough. Re-signed general manager of minor league affiliations Mark Bernard, Rockford (AHL) coach Bill Peters and Rockford assistant coaches Ted Dent and Steve Poapst.

MONTREAL CANADIENS — Signed D Hal Gill to a one-year contract.

NEW YORK RANGERS — Traded F Roman Horak and two 2011 second-round draft picks to Calgary for D Tim Erixon and a 2011 fifth-round draft pick. Signed Erixon to a three-year contract.

PHOENIX COYOTES — Signed RW Jordan Szwarz and G Louis Domingue.

WASHINGTON CAPITALS — Signed C Mattias Sjogren to a two-year contract.

AHL

GRAND RAPIDS GRIFFINS — Promoted Chad Erwin to director of ticket operations. Named Jamie Law corporate sales account manager.

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	31	23	.574	—
Boston	30	26	.536	2
Tampa Bay	29	26	.527	2½
Toronto	28	27	.509	3½
Baltimore	25	29	.463	6

Yesterday's results

Texas 3 Tampa Bay 0

Chicago White Sox 7 Boston 4

N.Y. Yankees 4 Oakland 2

Baltimore 2 Seattle 1

Kansas City 2 L.A. Angels 0

Detroit 4 Minnesota 2

Cleveland at Toronto

Tuesday's results

Tampa Bay 5 Texas 4

Detroit 8 Minnesota 7

Cleveland 6 Toronto 3

Chicago White Sox 10 Boston 7

Kansas City 7 L.A. Angels 3

N.Y. Yankees 10 Oakland 3

Seattle 3 Baltimore 2

Today's games

Texas (Bush 0-1) at Cleveland (C.Carrasco 4-2), 7:05 p.m.

Minnesota (Swarzak 0-2) at Kansas City (O'Sullivan 2-4), 8:10 p.m.

Tampa Bay (Shields 5-3) at Seattle (F.Hernandez 5-4), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	34	22	.607	—
Florida	31	22	.585	1½
Atlanta	30	26	.536	4
New York	25	29	.463	8
Washington	24	31	.436	9½

Yesterday's results

Washington 2 Philadelphia 1

Houston 3 Chicago Cubs 1

Cincinnati 4 Milwaukee 3

Pittsburgh at N.Y. Mets

San Diego at Atlanta

Florida at Arizona

San Francisco at St. Louis

Colorado at L.A. Dodgers

Tuesday's results

Washington 10 Philadelphia 2

St. Louis 4 San Francisco 3

Milwaukee 7 Cincinnati 2

Pittsburgh 5 N.Y. Mets 1

San Diego 5 Atlanta 4

Houston 7 Chicago Cubs 3

Florida 5 Arizona 2

L.A. Dodgers 8 Colorado 2

Today's games

Pittsburgh (Maholm 2-7) at N.Y. Mets (Pelfrey 3-4), 1:10 p.m.

San Francisco (J.Sanchez 3-3) at St. Louis (Lynn 0-0), 8:15 p.m.

Washington (Zimmermann 2-6) at Arizona (Duke 1-0), 9:40 p.m.

Houston (Norris 2-4) at San Diego (Stauffer 1-3), 10:05 p.m.

CALENDAR

July 12 — All-Star game, Phoenix.

July 24 — Hall of Fame induction, Cooperstown, N.Y.

July 31 — Last day to trade a player without securing waivers.

Aug. 15 — Last day to sign selections from 2011 amateur draft who have not exhausted college eligibility.

Sept. 1 — Active rosters expand to 40 players.

Sept. 30 or Oct. 1 — Playoffs begin.

LACROSSE

MLL

All Times Eastern

	GP	W	L	Pct.	GF	GA	GB
Denver	2	2	0	1.000	31	22	-
Chesapeake	2	2	0	1.000	28	20	-
Boston	2	1	1	.500	27	25	1
Long Island	2	1	1	.500	25	24	1
Rochester	2	0	2	.000	19	27	2
Hamilton	2	0	2	.000	20	32	2

Tomorrow's game

Denver at Long Island, 7 p.m.

Saturday's game

Chesapeake at Boston, 7 p.m.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	31	23	.574	—
Boston	30	26	.536	2
Tampa Bay	29	26	.527	2½
Toronto	28	27	.509	3½
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Texas 3 Tampa Bay 0

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Detroit 4 Minnesota 2

Cleveland at Toronto

Tuesday's results

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Atlanta	30	26	.536	4
New York	25	29	.463	8
Washington	24	31	.436	9½

Yesterday's results

Washington 2 Philadelphia 1

Houston 3 Chicago Cubs 1

Cincinnati 4 Milwaukee 3

Pittsburgh at N.Y. Mets

San Diego at Atlanta

Florida at Arizona

San Francisco at St. Louis

Colorado at L.A. Dodgers

Tuesday's results

Washington 10 Philadelphia 2

St. Louis 4 San Francisco 3

Milwaukee 7 Cincinnati 2

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MLL

All Times Eastern

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Denver	2	2	0	1.000	31	22	-
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Boston	2	1	1	.500	27	25	1
Long Island	2	1	1	.500	25	24	1
Rochester	2	0	2	.000	19	27	2
Hamilton	2	0	2	.000	20	32	2

Tomorrow's game

Denver at Long Island, 7 p.m.

Saturday's game

Chesapeake at Boston, 7 p.m.

TENNIS

FRENCH OPEN

At Paris

MEN

Singles

Quarter-finals

Rafael Nadal (1), Spain, def. Robin Soderling (5), Sweden, 6-4, 6-1, 7-6 (3).

Andy Murray (4), Britain, def. Juan Ignacio Chela, Argentina, 7-6 (2), 7-5, 6-2.

Doubles

Quarter-finals

Bob and Mike Bryan (1), U.S., def. Rohan Bopanna, India, and Aisam-ul-Haq Qureshi (5), Pakistan, 6-7 (2), 6-3, 7-6 (3).

WOMEN

Singles

Quarter-finals

Maria Sharapova (7), Russia, def. Andrea Petkovic (15), Germany, 6-0, 6-3.

Li Na (6), China, def. Victoria Azarenka (4), Belarus, 7-5, 6-2.

Doubles

Semifinals

Andrea Hlavackova and Lucie Hradecka, Czech Republic, def. Vania King, United States, and Yaroslava Shvedova (3), Kazakhstan, 6-3, 6-3.

Sania Mirza, India, and Elena Vesnina (7), Russia, def. Liezel Huber and Lisa Raymond (4), U.S., 6-3, 2-6, 6-4.

MIXED DOUBLES

Semifinals

Katarina Srebotnik, Slovenia, and Nenad Zimonjic (1), Serbia, def. Nadia Petrova, Russia, and Jamie Murray, Britain, 7-6 (4), 7-6 (5).

Casey Dellacqua, Australia, and Scott Lipsky, U.S., def. Jarmila Gajdosova, Australia, and Thomaz Bellucci, Brazil, 7-6 (5), 2-6, 14-12 tiebreak.

SOCCER

MLS

EASTERN CONFERENCE

	W	L	T	PT	GF	GA
Philadelphia	6	3	2	20	14	9
New York	4	2	6	18	18	11
D.C.	4	4	3	15	16	20
Houston	3	4	6	15	17	15
Columbus	3	3	5	14	11	13
New England	3	5	4	13	10	15
Toronto FC	2	5	6	12	13	23
Chicago	1	4	6	9	15	19
Sporting Kansas City	1	6	2	5	12	19

WESTERN CONFERENCE

Los Angeles	8	2	5	29	20	12
FC Dallas	6	3	4	22	16	12
Seattle	5	4	5	20	16	13
Colorado	4	3	6	18	15	13
Real Salt Lake	5	2	2	17	10	4
Portland	5	4	2	17	15	17
Chivas USA	3	4	4	13	14	13
San Jose	3	4	4	13	14	14
Vancouver	1	5	6	9	13	17

Note: 3 points for victory, 1 point for tie.

Last night's result

Vancouver at Chivas USA

Saturday's games

Kansas City at Toronto, 7 p.m.

Columbus at New York, 7:30 p.m.

Seattle at Chicago, 8:30 p.m.

New England at Dallas, 8:30 p.m.

Philadelphia at Colorado, 9 p.m.

Vancouver at Real Salt Lake, 9 p.m.

D.C. United at Los Angeles, 10:30 p.m.

Houston at San Jose, 10:30 p.m.

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News worth sharing.

*Source: NADbank 2009/10 Base: Ottawa CMA, Age 18+, 82,800 daily readers.

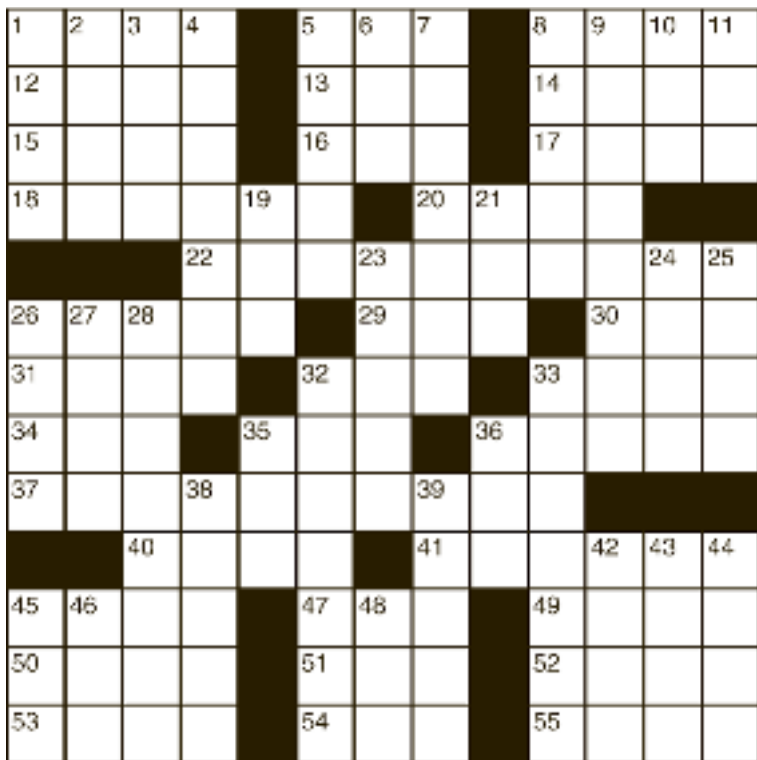
Crossword

Across

1 Winged
5 Turn blue?
8 Frog's cousin
12 Rickey flavor
13 Mardi Gras VIP
14 Shake in grass?
15 Poetic foot
16 Thrill bark
17 Detail
18 Company of actors
20 Parliamentarian
22 From stem to stern
26 Elevator passage
29 Golf position
30 Confucius' "way"
31 Swine
32 Artist Vermeer
33 "West Side Story" gang
34 Mimic
35 Play on words
36 Makes weary
37 Everywhere
40 Pealed

41 Costello's partner
45 Bloodhound's clue
47 Back talk
49 Sandwich cookie
50 Gloomy
51 Actress Mendes
52 — a soul (no-body)
53 Catch sight of
54 "Oh, yeah? — who?"
55 Shade providers

Down
1 Came to earth



2 Taleteller
3 Bullets and such
4 Snubs
5 Laundromat machine
6 Verily
7 Tell how
8 Bronze winner's placek
9 Passe
10 Hearty brew
11 Beavers' construction
19 Cauldron
21 Inseparable
23 African ante-lope

24 Destiny
25 Throw
26 Persian bigwig
27 Kachina worshiper
28 Demographic division
32 Impenetrable thickets
33 Samson's weapon, courtesy of an ass
35 Skillet
36 Occupation
38 Wizard Potter
39 Bolivian capital
42 Verbal

43 Contract clause
44 Santa's sackful
45 Rhyming tribute
46 Two, in Tijuana
48 "— been had!"

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

3	2	8	1	9	5	5	7	4
4	9	8	7	5	8	1	2	3
1	7	6	3	4	2	8	9	6
9	3	7	2	6	1	8	4	5
6	5	4	8	7	9	3	1	2
2	8	1	5	3	4	6	9	7
6	1	2	8	7	4	3	9	5
8	4	9	9	2	5	7	8	1
7	9	8	4	1	3	2	5	6

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Trish
Thanks for agreeing to a coffee with me. You won't regret it! **PATRICK**

*Hey Duckie, just wanted to say that I'm so glad we met. You're the bestest friend anyone could ever have! The last 3 years have been great! I can't wait to see what crazy shenanigans we'll get up in the years to come. XD *quack quack**
PANDA

Mr Stevens,
If it weren't for you, I don't know where I'd be right now. At the moment words can't describe how thankful I am for meeting someone very special like you. Everyone will agree when I say that you are irreplaceable and I'm awfully glad that I met you. Thank you so much, for everything!!!
VERY THANKFUL TO YOU

Today's horoscope

♈ Aries March 21-April 20 Not everyone can live up to your high standards, so make allowances for those who fall short today.

♉ Taurus April 21-May 21 If you let your mind wander today, you will waste time on issues that are petty and unproductive.

♊ Gemini May 22-June 21 You will soon see how much energy you've wasted on things that don't take you closer to your goals.

♋ Cancer June 22-July 22 You may be a bit subdued today, but there is no cause for alarm.

♌ Leo July 23-Aug. 23 You may have to listen to the opinions of someone you detest today.

♍ Virgo Aug. 24-Sept. 22 If you think your talents are being overlooked, it's time to speak up. You can make a big impression.

♎ Libra Sept. 23-Oct. 23 Look at the big picture and details of what happened over the past two or three days. You'll like what you see.

♏ Scorpio Oct. 24-Nov. 22 Do you tell others what they want to hear? Speak the truth and don't worry that your words might hurt.

For today's crossword answers and horoscopes: metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 If you've fallen out with a loved one, you will get the chance make up today. Show how you'll change.

♑ Capricorn Dec. 22-Jan. 20 You will find it easy enough to persuade others to lighten your load today, so why do it all by yourself?

♒ Aquarius Jan. 21-Feb. 18 Your time is precious and you must not let other people waste it.

♓ Pisces Feb. 19-March 20. Don't just accept what someone says because of his or her superior status. **SALLY BROMPTON**

Caption contest



"No, I said face the flag!"
DON

LOE LIND/ THE ASSOCIATED PRESS



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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